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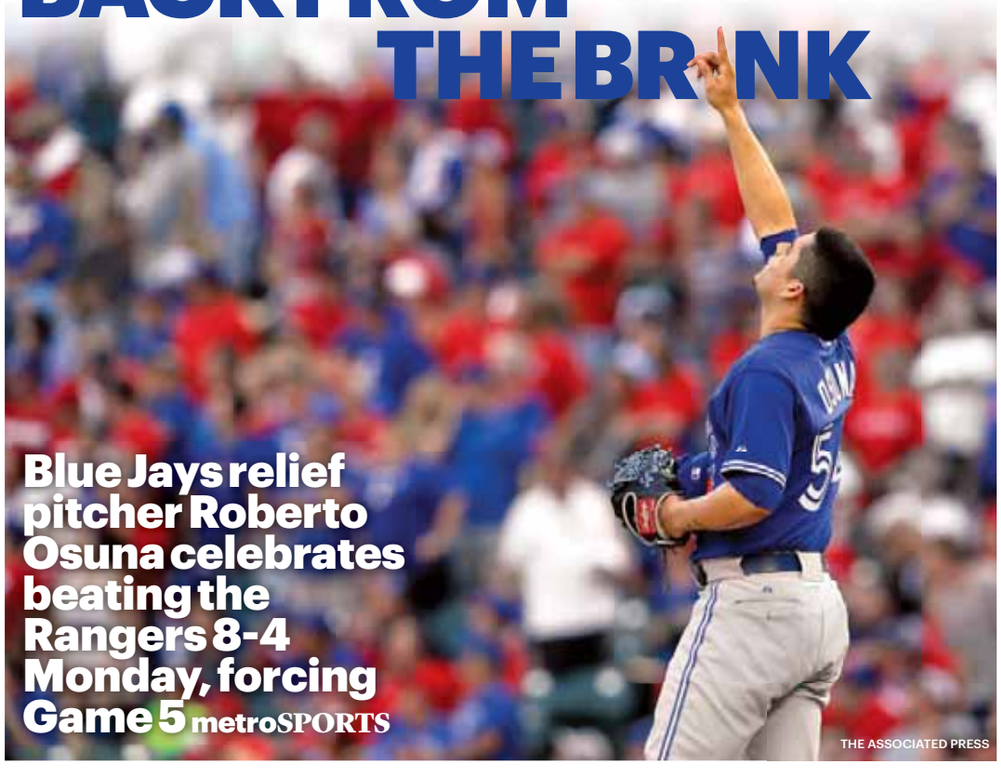

Blue Jays relief pitcher Roberto Osuna celebrates beating the Rangers 8-4 Monday, forcing Game 5 metroSPORTS

THE ASSOCIATED PRESS

Snowtember s'no problem for coffers

MUNICIPAL MATTERS

Clearing was under budget for first time in at least five winters

Brodie Thomas
Metro | Calgary

A light winter was good for the City of Calgary's coffers, even when factoring in the "Snowtember" storm of last year.

The city spent significantly less on snow clearing in the winter of 2014-15 compared with the previous winter — about $14 million less.

With 24 fewer days of snow, and about 40 fewer centimetres than the previous winter, the city delivered its services under budget for the first time in at least five winters.

The Snow and Ice Control annual report noted a complete lack of significant snowstorms last winter, aside from September's, which undoubtedly helped with the cost savings.

Between Jan. 1 to April 30 of this year, the city spent only 74 per cent of its budgeted amount on salting and sanding Priority 1 and 2 roadways — a savings of just under $4 million.

Other items in the budget, such as snow removal and sidewalk clearing, went over budget, but the end result was a balanced ledger.

The special committee on transportation and transit will discuss the report on Wednesday. Coun. Sean Chu, vice chair of the committee, said he was pleased to see the rollout of a new mobility-friendly program to target bus stops near hospitals and seniors homes. "I've been pushing for that," he said. "In my area, there's quite a few seniors care facilities and apartments, and every year I get a lot of complaints — they can't get on the bus."

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metro NEWS

Your essential daily news

The impact of federal parties' promises on voters' wallets **Business**

Oil may be going cheap, but not parking spots

CITY FUNDS

Authority sees solid revenue despite change in patterns

Brodie Thomas
Metro Calgary

Office space may be opening up in downtown Calgary, but that doesn't mean parking spaces are getting any cheaper.

The Calgary Parking Authority (CPA), which sets its prices based on the going market rate, said they haven't yet seen the need to adjust prices.

There may still be deals available if you're willing to shop around.

Leslie Logullo said she's been paying $300 a month for parking near the Shaw building, but was looking for something cheaper.

After posting an ad on Kijiji, she had some leads on spots for about $240 per month.

"With the economic downturn, I'm trying to find something less expensive," she said.

Logullo said people seemed more willing to negotiate now that the economy has cooled off.

Mike Derbyshire, general manager of the Calgary Parking Authority, said although demand is as high as it ever was for monthly downtown parking spots, he has noticed a higher turnover in monthly contracts.

Whenever a monthly contract holder gives up that spot, it goes to the next person on the CPA's waiting list. Derbyshire said those lists are now shrinking.

> **At this point, the challenge for us is to get the word out that there is availability.**
> Mike Derbyshire,

Another pattern the CPA has noticed since the downturn in oil prices is a greater use of daily parking over monthly parking.

When a contract holder gives up a spot, that space is used as a daily parking spot until a new contract is signed.

Perhaps the most telling sign of the downturn is the sudden availability of spaces in the James Short parkade. Derbyshire said that spot was so desirable, and turnover was traditionally so slow, the CPA didn't bother keeping a waiting list for it.

"At this point, the challenge for us is to get the word out that there is availability in James Short Parkade because we believe people and companies that have never considered parking there before — because it's been so hard to get into up until now — will want in."

Derbyshire said despite the change in parking patterns, overall the CPA has not seen any drop in revenue through the downturn.

He said that's good news for the people of Calgary, since CPA's funds after operating costs are reinvested in the city.

The price of parking remains sticky downtown, with demand for spots almost as high as they were before the economic downturn. METRO FILE

ROAD SAFETY

Lost dad and kids found

An Ontario man and his two children have turned up safe after getting lost in the woods on their way to an Alberta wedding.

RCMP Const. Jason Curtis says David Hill, 33, along with daughter Sierra Hill, 10, and son Riley, 8, set off from Edmonton International Airport on Saturday morning.

They were destined for a family wedding in Hinton, a couple of hours west of the city, that was scheduled for 11 a.m.

Family members got a call Saturday afternoon from one of the children in the car that they apparently got off the highway and were lost in a wooded area.

The phone then cut out and Curtis says the family spent the night in their rental car before finding someone Sunday morning who directed them back to the highway.

He says he doesn't know why the Hills left the highway, and isn't sure exactly where they were when found.

"I don't know if they're entirely sure of that," Curtis said.

Police said they launched a full search for the family out of concern for the children and for the fact that some of the group suffered from medical conditions.

Curtis said that after getting directions out, the family notified their relatives and police. THE CANADIAN PRESS

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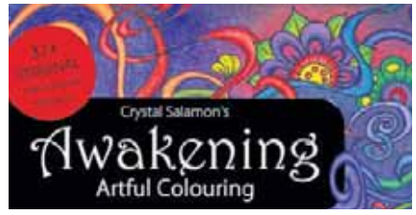

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PROJECT WATCH

Metro watches as coalition of inspectors hit apartments

Ryan Tumilty
Metro | Edmonton

The building manager of the Lord Nelson apartments is visibly stressed as inspectors point out problem after problem with the four-storey walk-up in West Edmonton.

The man, who didn't want to speak with Metro, has a lot of unaddressed problems in his building. From a lack of smoke detectors in some units, to shaky railings in the stairways, to the three apartments health authorities have already declared unfit for tenants, his Thursday would end with a long list of urgently needed repairs.

Project Watch began with Edmonton police last year and quickly expanded to include a host of social agencies. The initial focus was motel rooms for which the provincial government shelled out thousands of dollars each month. Many were in a deplorable state.

At the Lord Nelson, the Project Watch team fills the narrow hallways, manager in tow. The tight quarters are made worse by the washing machine half blocking one hallway and the fridge on the stairs, issues the fire inspector wants dealt with immediately.

Edmonton police Det. Kevin Fald said having all of the agencies on site at one time can make a real difference in an immediate way.

"You are getting to see what the impact is when we gang up on a place like this," he said.

The team consists of police, fire inspectors, health inspectors, staff from Alberta Works and Child and Family Services, city staff and Occupational Health and Safety officers. With their different perspectives, they find a lot of issues that need to be addressed.

Fald said the police role during inspections is to help out and keep the peace — but added the building has been a magnet for police calls, including a stabbing earlier this month.

"For us, from a crime and disorder perspective, you can see that all of these issues combined are making it a haven for criminals to stay," he said.

Along with Fald, local beat officers are on hand for the inspection and try to assure the building manager they can help with problem tenants or disruptions in the future.

He said the other benefit of having all the agencies present during inspections is the communication that takes place. While police identified the first properties for Project Watch to focus on, now all of the agencies can bring forward locations for the team to inspect.

Left: Det. Kevin Fald and City of Edmonton compliance supervisor Brent Craig stand outside a west-end apartment building the team was touring last week. Top right: A water-damaged ceiling in the mechanical room has a bucket set up to catch leaks. Bottom right: Three of the units in the building were declared unfit for tenant occupation but are stacked with storage. KEVIN TUONG/FOR METRO

> **"You are getting to see what the impact is when we gang up on a place like this.**
> Det. Kevin Fald

"Everyone is sharing their intelligence, so you're coming in with your eyes wide open or at least having a better idea of what you are walking into," said Fald.

AHS inspector Phi Phan has worked with the team since last year and agrees the links are valuable.

"We don't always go at the same time, sometimes we go separately, but in the end it's the communication that is important," he said.

He said they have encountered units with all kinds of problems.

"Every place is going to be unique, and there are some units that require a lot of work and some that require not that much, even in the same building," he said.

Rick Adams, director of inspections with Occupational Health and Safety, said the agency got involved with the project when they realized that workers in the motels and apartment buildings are at risk as well.

"It can be a variety of things, whether it be working-alone rules or asbestos."

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CRIME

Man found dead inside Ranchlands home

Police taped off a group of townhomes in Ranchlands Monday and have called in the homicide squad. JEREMY SIMES/ FOR METRO

Calgary police are investigating after a suspicious death Sunday evening in the city's northwest.

At 5:30 p.m., police were called after someone came home and found a body in a residence on Ranchlands Bay NW, police said.

Police remained on scene that evening and have since called in the Calgary Police Homicide Unit.

The area around the row of townhouses has been blocked off by police Sunday evening and into Monday morning.

But prior to police finding the body, neighbours in the area told Metro that police attended the same street around 2 a.m. Sunday — there was a house party and many people were fighting.

Anne Scott, who lives a few doors down from the scene, said someone smashed the back window of her truck that morning.

"Something must've went on," she said Monday, taking a break from making Thanksgiving dinner. "Stuff gets out of hand."

She told the police the person who broke into her truck was a shirtless 20-year-old blond man with a chest tattoo.

"I don't know if the young man tried to get away from somebody and then (the alarm) scared him and he took off," she said. "I'm hoping and praying that the poor young fella' wasn't trying to get away for his life."

It isn't known if those incidents are related.

Police said more information is expected to come from homicide detectives once they have more details. JEREMY SIMES/FOR METRO

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Cranston-area residents are upset that a Rogers cellphone tower (inset) will be put up in their neighbourhood. CRANSTON COMMUNITY BOARD/FACEBOOK; INSET: AARON CHATHA/METRO

Cell tower not popular

CRANSTON

Residents don't want proposed project in their community

Aaron Chatha
Metro | Calgary

Residents worried about potential health risks and aesthetics are banding together in opposition TO a proposed new cellphone tower in the city's southeast.

The proposed Rogers tower in Cranston is the latest in communities standing up to cellphone giants erecting the monoliths in their backyard.

"First of all, it's going to be a huge eyesore, and second of all, there's a lot of research out there that proves it's not safe for our health," said resident Guin Hughes.

"It's all the radiation for me and a lot of other people. Some people don't agree with that, some people don't think there's any problem with it. Even though there have been studies done proving that it's unsafe for us."

Hughes said she wants to know why the tower is being built in their community, which is on the edge of the city.

When she reached out to City of Calgary officials, Hughes said she was told information cards were sent out to residents, notifying them an open house information session would be held. She said herself and other residents have not received these cards.

Carol Robinson, Municipal Relations Specialist with Rogers, said she hasn't heard any community complaints about the proposed tower on her end, yet.

She did clarify Rogers' plans to hold an open house for residents from 5 – 7 p.m. on Oct. 27 at the Cranston Community Hall.

INFO SESSION
Rogers plans to hold an open house for residents from 5 – 7 p.m. on Oct. 27 at the Cranston Community Hall.

For Hughes, she realizes that the tower must go up, but just wishes it wasn't so close to families and homes.

"We're just trying to protect our families and protect our community and if we can do that and have it somewhere else — I'm not objecting the tower going up, it's going to happen," she said. "I mean we're in the 21st century, these are things that happen these days. But if, at least, it's going to be outside the community, away from us, as far as possible, then that's fine."

A portion of a map of Calgary showing how many times in September the app was opened by would-be customers. COURTESY UBER

Uber eyes Calgary's demand for service

TRANSPORTATION

Company says 10,000 residents opened app in September

Helen Pike
Metro | Calgary

Calgary, Uber is watching you.

In a blog post Monday, the company revealed a map of the city with more than 10,000 blue dots, each representing a person in Calgary in September who had opened his or her app for the first time.

It's no surprise the map shows a huge concentration of demand in the city's core, but Uber also noted a need in communities like Falconridge, Signal Hill and Arbour Lake.

Currently Uber doesn't offer services in Calgary, but it does in Edmonton.

"There is a massive evolution and shift happening especially in how millennials and other people are using technology to get around and we've seen massive success with car2go in the city," said Evan Woolley, Ward 8 city councillor.

"People quit taking cabs because when the economy was hot they weren't able to get them … there's a massive demand for people to get around like that and Uber is a wonderful tool … this is happening."

The ride-sharing company has teased the Calgary market with the idea of UberX and UberBLACK, a popular service that has become competition for cabs in other cities, continually telling customers and the media it is waiting for "the right time" to enter the market.

Last week, after having worked with the company and other ride-share groups interested in entering the market for months, the City of Calgary voted down a limousine bylaw change that many suggested would "pave the way" for Uber.

Woolley said it's clear council is suffering from a generational gap, and although they may not like it, Uber is coming.

"This is happening, and it's not 'if it's going to happen.'" Woolley said. "We think we have this massive amount of control, but this is the way that consumers and citizens and people want to get around. The taxi system as it sits now is not feasible in the future, and what that map tells me is that people are looking for other options."

REACTION

What are you thankful for?

Kathleen Copeland, 23
"I'm thankful that I live in a place where I'm safe, and also for my friends and family."

Justin Thompson, 34
"My son. I'm just going to pick him up right now to visit him for Thanksgiving. I have no family here except for him."

Tinia Lynn, 26
"Having lots of family and friends that I can celebrate this day with."

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Police still had the alley on 12 Avenue SW taped off Monday, after finding a man dead Sunday night. JEREMY SIMES/FOR METRO

Man found dead in alley

BELTLINE

Area resident says he is feeling 'a little insecure'

Jeremy Simes
For Metro | Calgary

Paramedics found one man dead in an alley behind a downtown grocery store Sunday night.

Police said paramedics were called at 11:20 p.m., after hearing reports that a man had been assaulted in a fight in the alley behind the Safeway on 12 Avenue SW.

He was found dead when EMS arrived, police said.

Police still had the scene cordoned off with police tape Monday morning, with some evidence markers in the alley.

A grocery cart filled with items was behind the police tape, along with a blood stain on the cement.

"I haven't seen something like this happen in this area for the last 20 years," said Beltline resident Ron Grant, who lives near the crime scene.

"I feel a little insecure — you're starting to see a lot more happen now than before because this area is getting much busier."

Love Preet, manager of Mirchi Restaurant — which is located across the street from the scene — said the incident isn't good for business.

"It's really bad for something like this to happen," he said. "It's bad for business — people won't want to come here if they know it's not safe."

The Homicide Unit will give an update to the incident, once it has more information.

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MARATHON TRAINING

City runners train along the LRT line

Helen Pike
Metro | Calgary

Sure, you can ride the Red Line from Tuscany to Bridlewood. But would you run it?

A group of four Calgarians took on the lengthy task to run the length of Calgary's LRT line as an opportunity to get active and train — not ride the train — for marathons.

"I tried to plan the route so that it was as short as possible," Cory Claeys said. "You could do whatever distance you picked and just ride the train back to your vehicle."

Claeys started running marathons in 2008 and after losing 40 per cent of his body weight he said the experience "lit a fire in him." He knew he wanted to help others do the same.

"I started coaching people," Claeys said. It's turned into his side business: Recovering Couch Potato Fitness.

"This is just short of a marathon, so it's a great training run," Claeys said.

Robin Kudding and his fiancée Bobbi Hoffman started running before work to give their dog some exercise. They joined Claeys for 10 kilometres.

"We were doing three kilometres and gradually worked our way up to five kilometres and so I guess the natural progression was to double up the max to 10 kilometres," Kudding said. "It was just a challenge for myself and it actually was easier than I thought it would be."

He said eventually they want to work their way up to a half marathon.

"It's a clever idea because, be it if you're exhausted, just fatigued, or injured, you have the ability to basically just get to the next stop, and you don't have to turn around and go back the distance you just committed to," said Kudding.

In the end, four people ran the full length of the LRT line and Claeys hopes they can do the same next year as part of an annual event.

Runners, from left, Matt MacMaster, Cory Claeys, Holly Nofield and Doreen Quapp. HELEN PIKE/METRO

ANIMAL CRUELTY

Birds were shot, says wildlife rescue centre

A central Alberta wildlife rescue centre says eight birds that were being rehabilitated were targeted and shot last week.

A Facebook post by the Medicine River Wildlife Centre says six crows and two ravens were found Friday morning, shot inside one of the facility's outdoor flight pens.

It says two birds were clinging to life while the others were already dead.

The non-profit centre, located southwest of Red Deer, cares for about 1,300 animals annually.

The post says staff and volunteers fear for their own safety following the incident.

Officials say police are investigating.

THE CANADIAN PRESS

Daniel Gebremariam founded an Amharic language magazine called Meznagna, aimed at bridging newcomers from Ethiopia to Canadian culture, in a language they can understand. AARON CHATHA/METRO

Bridging the culture gap through language

MEDIA

Magazine gives newcomers a primer to local culture

Aaron Chatha
Metro | Calgary

When Daniel Gebremariam came to Canada from Ethiopia five years ago, he found himself in the midst of a culture and climate he didn't understand — and was left feeling helpless and frustrated.

Now Gebremariam is providing immigrants and refugees the helping hand he never had — through the launch of his new Amharic language magazine called Meznagna.

"There are many youngsters that come here and they are totally confused. They come here and this country is totally different," he said.

"This magazine teaches newcomers that you can do anything in Canada. That is the main purpose of this magazine."

Flipping through the pages of Meznagna's first issue, Gebremariam pointed out stories about Ethiopian-Canadian musician The Weeknd and other celebrities, along with articles on local entrepreneurs like an Ethiopian model who owns and operates her own business in Toronto.

He wants to give Ethiopians a bridge to Canadian culture, but in a language they can understand.

"Most people, they come here, they're frustrated," he explained. "The culture, the weather, it's different for them, so they're confused and depressed. If they read these stories, they will have hope. Like, if he can do this, I can do this. To create that hope in people's minds, that is my purpose."

The magazine is also part of Gebremariam's success story.

"I'm an immigrant, I'm coming here and I'm printing my magazine — my own magazine, in my own language, in Canada. It's a privilege for me to do that."

Gebremariam will also be attending classes at SAIT to help further his own education and expand the magazine.

The magazine articles are written by him and other contributors from Calgary, although it celebrates the successes of Ethiopians throughout Canada and the United States.

The magazine costs $5 and will be distributed to Ethiopian stores across the city. It's also online at meznagna.com.

RESTAURANTS

Thanksgiving gets breakfast treatment

Brodie Thomas
Metro | Calgary

Pumpkin spice had better watch its back.

Sam Friley, owner of Buttermilk Fine Waffles on 17th Avenue SW, has created a new seasonal dish that he thinks captures the flavours of the season — the Thanksgiving dinner waffle.

"It's for people who aren't able to go home, back to eastern Canada or wherever, just to bring them a bit of Thanksgiving dinner — in the form of a waffle," he said.

Friley said he started offering the menu item on Oct 1, and kept it going until Thanksgiving Day. Response has been great, with 50 to 100 being ordered each day.

He begins with a regular buttermilk waffle cooked with extra large squares to hold all the toppings. He then adds light and dark turkey meat, dressing with pecans, turkey gravy and cranberry sauce.

But why on a waffle?

"I think the waffle is also like the mashed potato," he said. "It's the starch that soaks everything up. Or it's more like a Yorkshire pudding."

Friley's restaurant opened in May. His menu features all sorts of sweet and savoury toppings for the waffles. The waffles are made from scratch daily on irons that come direct from Belgium.

Brittany Molvik stopped into Buttermilk on Monday afternoon with two friends. She said they had already eaten Thanksgiving dinner the previous day, but decided to give the waffle a try anyway.

"I kind of thought it was going to be weird on a waffle, but it was actually pretty good," she said.

Sam Friley adds gravy to his Thanksgiving dinner waffle. BRODIE THOMAS/METRO

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ROCKY RIDGE'S PITCHES

Metro gets the basics from the candidates: the elevator pitch of their party's platforms and why they should be your representatives in Ottawa.

LUCIE EDWARDSON METRO

CALGARY ROCKY RIDGE

1 Pat Kelly

Party: Conservative
Age: 44
Occupation: Mortgage broker, co-owner of brokerage

Elevator Pitch:
I have lived in the Rocky Ridge constituency for 31 years. My wife and I have three daughters whom we are raising here.
I graduated from The University of Calgary with a B.A. in Political Science and for the past 20 years have worked as a mortgage broker in Calgary where I am co-owner of a brokerage business.

Prime Minister Harper has made our economy among the strongest of G7 countries; reducing taxes for all Canadians, increasing support for families and seniors and returning us to a budget surplus.

On Oct. 19, I ask for your support.

2 Stephanie Kot

Party: NDP
Age: 27
Occupation: Former Federal Policy Analyst

Elevator Pitch:
As a former policy analyst with the federal civil service, I am ready to be Rocky Ridge's Member of Parliament.

My experience and training in governance would make me an effective MP. Tom Mulcair and the NDP are focused on building a stronger middle class — we have a concrete plan to help families get ahead.

For example, Tom's plan will create one million high-quality child care spaces and cap fees for parents — no more than $15 dollars a day.

I hope that on Oct. 19, I can count on your support — together, we make Canada stronger and build a better life for you in Calgary Rocky Ridge.

3 Nirmala Naidoo

Party: Liberal
Age: 51
Occupation: Television journalist

Elevator Pitch:
Nirmala Naidoo has been welcomed into the homes of Calgarians for over 19 years as a television journalist and anchor.

As someone who escaped apartheid and is now the mother of two young sons, Nirmala is committed to Calgary Rocky Ridge.

Nirmala believes in fairness for the middle class, human rights and equality for all.

With your support, Nirmala looks forward to bringing real change to Calgary Rocky Ridge.

4 Catriona Wright

Party: Green
Age: 38
Occupation: CEO of the Rocky Ridge Greens/ stay at home parent.

Elevator Pitch:
Catriona Wright is the CEO of the Calgary Rocky Ridge Greens, married, and a parent of two wonderful children. As a university graduate with a wide variety of life experiences, Catriona has always felt very strongly about making a difference in the world.

Catriona is running for the Green Party because she believes that political action is vital to bring about needed change.

She knows this is the election where citizens can choose to end poverty and homelessness, take real climate action, begin the healing process with First Nations and gain true democratic representation by voting Green on Oct. 19.

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Congratulations to our 2015 Community Fund partners

Bell is pleased to announce the 55 recipients of the Bell Let's Talk Community Fund for 2015.

Every year, the Bell Let's Talk Community Fund awards $1 million in grants to community-based organizations working to increase access to care for Canadians living with a mental illness. Launched in 2011, the Fund has now provided $5 million in grants to more than 270 grassroots groups in every region of Canada, each making a real difference in the mental health and wellbeing of their communities.

In September, we renewed the Bell Let's Talk mental health initiative for a further 5 years and increased Bell's total financial commitment to Canadian mental health to at least $100 million.

To learn more about the Bell Let's Talk Community Fund and how to apply for a grant in 2016, please visit the Community Fund section of bell.ca/letstalk.

2015 Bell Let's Talk Community Fund Recipients

Atlantic Wellness Community Center

Association Bénévole Amitié

Association canadienne pour la santé mentale – filiale du Bas-du-Fleuve

Association Lavalloise de parents et amis pour le bien-être mental (ALPABEM)

Canadian Mental Health Association – Cariboo Chilcotin Branch

Canadian Mental Health Association – Simcoe County Branch

Canadian Mental Health Association – Winnipeg Region

Canadian Mental Health Association – Vancouver Fraser Branch

Carrefour jeunesse-emploi d'Abitibi-Est

Centre périnatal Le Berceau

Centre St-Pierre

CIPTO-LAB (Centre d'intervention et prévention en toxicomanie, point de service le LAB)

Children's Health Foundation

Communauté Nazareth

East Hants Family Resource Centre

Elizabeth Fry Society of Ottawa

Entraide Saint-Michel

Fédération des familles et amis de la personne atteinte de maladie mentale (FFAPAMM)

Fondation de l'Université de Sherbrooke

Fondation Marie-Vincent

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Mental Health Association of Yukon

New Path Youth and Family Services

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Okanagan Boys and Girls Clubs

Ontario Shores Foundation for Mental Health

Parents' Lifelines of Eastern Ontario

Parkdale Activity-Recreation Centre

PECH

Schizophrenia Society of Alberta

Schizophrenia Society of Ontario

St. Michael's Hospital

Suicide Prevention Resource Centre

Take a Hike Youth At Risk Foundation

Toronto Rehab Foundation

Victoria Hospitals Foundation

West Nipissing Suicide Prevention Task Force

YWCA Québec

Clara Hughes
Spokesperson

Bell Let's Talk

ENERGY

U of A nuclear reactor set to power off

Ryan Tumilty
Metro | Edmonton

The University of Alberta's SLOWPOKE nuclear reactor will be turned off for good later this year when the 37-year old research reactor is decommissioned. Here's what you need to know.

What does SLOWPOKE stand for?

Safe LOW-POwer Kritical Experiment, is the acronym for the reactor that first went online in 1977 in the Dentistry-Pharmacy building on the main campus.

The school's vice-president of research Lorne Babiuk said the reactor used for testing materials produces very little power and was "almost like running a toaster or an oven."

Why is it being decommissioned?

Babiuk said there are new tools that can do what SLOWPOKE does and it just isn't worth the continued investment.

"It's not being used at full capacity and in order to use it at full capacity would require us to acquire a few more professors," he said.

Is there any risk to decommissioning it?

"It's a very, very small reactor and the processes are very well established so there is really minimal risk," said Babiuk, adding that trained individuals will work on the reactor once it is decommissioned.

What will it cost?

The decommissioning could cost somewhere between $5 and $6 million dollars, Babiuk said.

"The longer we would have delayed the costs keep going up."

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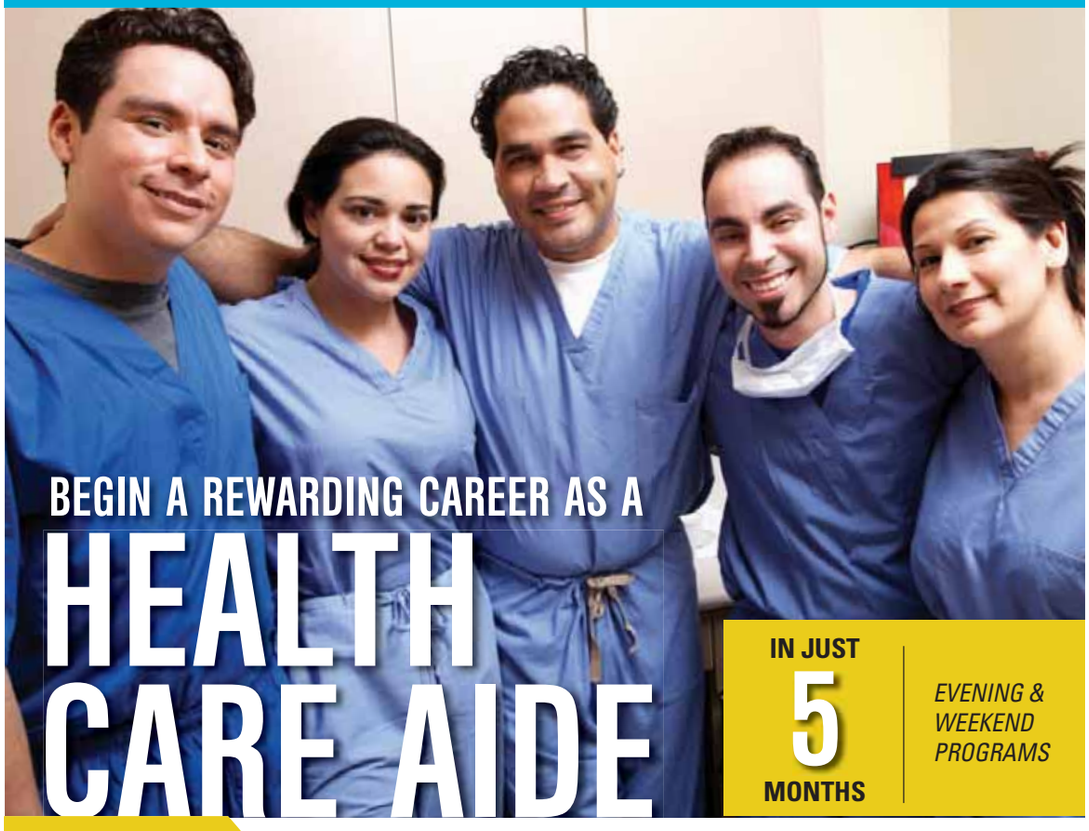

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Many voters lined up outside a polling station in Calgary Monday afternoon during the advanced polls. BRODIE THOMAS/METRO

Many voters hit polls early

ELECTION 2015

Opportunities for advanced voting available until Tuesday

Ryan Tumilty
Brodie Thomas
Metro | Edmonton

Canadians carved out some time from their Thanksgiving weekend to vote, with a record number showing up at advance polls.

As of Sunday, more than 2.4 million Canadians had cast their ballots, which is 16 per cent more than in the first three days of advance polling in 2011.

Elections Canada spokesperson Leanne Nyirfa said the agency hopes this will mean a higher voter turnout overall, but they won't know until after the election.

Elections Canada expected to be able to have voting totals, including riding by riding breakdowns as early as Tuesday.

Nyirfa said that if some residents missed the opportunity to vote over the weekend, there are other opportunities until Tuesday.

"You can still vote at any Elections Canada office until Tuesday at 6 p.m. and you can also still apply to vote by mail until 6 p.m. Tuesday," she said.

Nyirfa said some locations did see line-ups and delays, but added that part of that has to do with the restrictions on advance polls, which only allow one ballot box per poll.

She said that wouldn't be the case on election day and whereas there are only 505 advance polls in Alberta, on election day there will be more than 7,000 places to vote.

16%

percentage increase of voters partaking in the first three days of early polls compared to figures gathered from the last federal election in 2011
ELECTIONS CANADA

The line-up was long but not unbearable for voters at a polling station in southeast Calgary on Thanksgiving Monday.

"It's tolerable," said Saeb Amery of the wait. "Sometimes you wait at Tim Horton's for a coffee longer than it takes to vote. This is more important."

Not far behind him in the line-up, Mardene Francis said she was discouraged by the line up snaking out the door of a strip mall office. She was expecting to wait in line, but not on the sidewalk.

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SKYVIEW'S BIDS FOR OTTAWA

Metro contacted the candidates to help the community become familiar with who they are, the essentials of their party's platforms and why they are the best choice to represent the riding in the House of Commons.

LUCIE EDWARDSON METRO

CALGARY SKYVIEW

1 Darshan Kang

Party: Liberal
Age: 64
Occupation: Previously an MLA (two terms)

Elevator Pitch:
Darshan Kang was elected as the Liberal MLA for the Northeast riding of Calgary-McCall in 2008 and again in 2012.

He served as the critic for Infrastructure and Transportation, lobbying the government to build the airport tunnel. Darshan immigrated to Calgary in the 1970s and discovered that, "In Canada if someone is willing to work hard the sky is the limit."

He embodies the values of hope and hard work. If elected MP he will continue to serve the community by investing in infrastructure, family reunification, strengthening supports for seniors, families and providing tax breaks for the middle class.

2 Devinder Shory

Party: CPC
Age: 57
Occupation: Parliamentarian and lawyer

Elevator Pitch:
Shory immigrated to Canada in 1989 and re-qualified as a lawyer in Alberta in 1998. He was recently a member of the Standing Committees on International Trade and Citizenship and Immigration, working to create jobs for Canadians through international trade, and improve the immigration system to benefit Canada and newcomers.

He is proud of his contribution to reform the system, improving foreign credential recognition, and ensuring that new Canadians can succeed economically and integrate socially. His signature achievement is introducing Bill C-425 which became Bill C-24, to revoke the citizenship of convicted terrorists, traitors and spies.

3 Ed Reddy

Party: Green
Age: 45
Occupation: Manager, Vendor Management Office at Suncor Energy

Elevator Pitch:
I live in Calgary Skyview and have worked in the public and private sector for over 25 years.

As a father, grandfather, I want my government to work for everyone. Canadians do not trust politicians and have become uninterested in politics — who can blame them.

Our current out-of-date voting system reinforces that if you believe in a particular political party, if your candidate isn't elected, your vote doesn't matter.

The Green Party wants your voice heard with proportional representation. Two large complicated sounding words — it means your vote counts nationally in helping form a collaborative government.

4 Joseph Young

Party: Communist League
Age: 68
Occupation: Walmart worker

Elevator Pitch:
Young supports the fight for an immediate increase of the minimum wage to $15 an hour in addition to a union.

He calls for an end to all deportations. He says, "It is disgraceful that Ottawa has accepted only 2,300 refugees from Syria. In contrast to widespread solidarity from working people, the capitalist rulers try to block entry to refugees and paint them as terrorist threats."

In the face of growing unemployment, the Communist League campaigns for reduction of the work week with no cut in take-home pay and for a massive government-funded public works program to create jobs.

Helen Husak performing Stasis at Edmonton's Timms Centre for the Arts in September. CONTRIBUTED

Nature's tranquility on the stage

ENTERTAINMENT

Performance artist offers a moment of Stasis

Jeremy Simes
For Metro | Calgary

Helen Husak will be transforming from human to animal on stage at this year's 10th annual Fluid Festival.

Not literally, of course. Instead, she'll artistically morph, as part of her solo piece called Stasis, which is presented by Brian Webb Dance Company as part of the Prairie Dance Circuit Tour.

Husak said Stasis plays on nature's brutality and abundance, where death, decay, and birth cycle as the world ages.

The best part about transforming, she said, is the challenge that comes with becoming something totally different.

"I become something other than myself and embody qualities that are larger than me," she said. "It's a bit of a game, but it's the way I like to perform."

> **It's about being in the moment and feeling the electricity in the air.**
> Helen Husak

But she said her performance also delves into privacy — during her performance, a drone-shot video of northern Alberta's wilderness will play in the background.

Before she crafted the choreography, Husak met with visual artist Peter von Tiesenhausen to film the video near his home northern Alberta.

"We were just immersed in the wilderness," she said, adding her ideas for her stage performance began to bubble from there.

She said she hopes audience members have a moment of stasis — or inactivity — after viewing the performance, where they have a moment to stillness to reflect.

"It's that feeling of going, "OK, I'm going to sit with this for a moment," she said.

Fluid Festival Artistic Director Nicole Mion hopes those who attend the festival understand there's a variety of dance styles this year, whether they feel wowed or emotionally enthralled by performances.

"It's about being in the moment and feeling the electricity in the air," she said.

Fluid Festival starts Wednesday, and show dates and times can be found at springboardperformance.com/fluidfest.

TRANS ISSUES

School board out to 'silence' dissent: Expert

Braeden Jones
Metro | Edmonton

As the Edmonton Catholic Schools board is set to discuss a transgender-inclusive policy Tuesday, an expert on the subject charges he's not only been excluded from the process, but that the district superintendent threatened his job.

Kris Wells, faculty director for the institute for sexual minority studies and services at the University of Alberta, was brought into early meetings with the district by the mother of a seven-year-old transgender girl, but later barred from subsequent meetings.

Wells continued to be peripherally involved, adding commentary online through Twitter and acting, as he says, within his mandate as an academic and subject matter expert.

But an email from May that Wells shared with Metro shows district superintendent Joan Carr went over Wells' head to complain about his "relentless" tweets and "disparaging comments," to his then supervisor.

She said he had spread misinformation and that the comments should be made known to the University.

Wells said Carr never took up her concerns with him directly and he interpreted the email as an attempt "to silence me and have me dismissed from my job at the university."

"It raises questions of whether there can be genuine policy or resolution if the superintendent is out to actively silence voices in the community."

Neither Carr nor anyone else from the Catholic board could be reached on Thanksgiving Monday.

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READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about

Moderator Laura Payton, left, and panellists Alejandra Bravo, Katherine Hensel, Kate McInturff and Angela Robertson participate in Up For Debate, a forum on women's issues held in Toronto on Sept. 21. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Saying 'women's issues' needs to go

ROSEMARY WESTWOOD
Metro

If there's one thing every woman can agree on, it's a distaste for the term "women's issues."

The phrase has all the modernity of a knitted doily.

But it has been used over and over again in this election — by politicians, by activists and by ordinary women heading to the polls.

One of the most surprising things about talking to young voters these past few weeks is how often I heard that phrase. From a university student in Alberta, from a small-business owner in Ottawa, from women who I expected would emphasize other things, job prospects in the case of the former, or tax policy in the later.

Instead, almost every woman in my small sample size told me "women's issues" was top of their voting list.

Then, most of them told me how much they hate this term. Regardless of their political affiliations, their reasons are the same: Why segregate things important to half of Canadians into some kind of niche market? Why mischaracterize family issues, like child care, as belonging somehow only to women?

The answer has to be: we're stuck.

We're stuck somewhere in between the old sexist construction of society, and some new place of equality.

One very articulate and persuasive young woman told me structural sexism in Canada has all but disappeared, but I can't agree.

"Women's issues" is an ill-named talking point in this election precisely because, though it feels sometimes that we live in an equal society, statistically, we do not.

I won't repeat all the numbers. You can look up data on the pay gap, gender ratios in government and business leadership, violence against women, and access to housing.

You can learn about the racial implications of all of the above.

Of course, those who would argue that we don't need to advocate for women have a point: Things are different these days.

And if I only looked at my own life, which has been blessed in a multitude of ways, I would probably agree that women and men are treated equally. (I found out otherwise only after telling one feminist professor in university that "feminism is dead")

Many things keep me hopeful. A women-only surfing competition in Tofino. Feminist-themed ads for Ronda Rousey's next UCF fight. Take also this conversation among pre-teens gushing about their future on a streetcar, as overheard by a friend.

"I'm going to do good in high school, and go to the University of Guelph, and then work in a lab so I can pay for my dorm!"

"I'm going to have a house with TWO cars!"

"I'm going to go to college and have four dogs!"

"I'm going to live in MIAMI!"

Still, like other women I've talked to ahead of this election, I would vote on a "women's issues" ticket if I could.

But no party is offering it. Some have nodded in its direction while forming their main message around your money (Liberals and NDP), some have ignored it altogether (Conservatives). Elizabeth May is (unsurprisingly) by far the most impassioned, articulate and committed to addressing inequality, but she runs a party created to respond to environmental issues, and she will not be our next prime minister.

Even the laudable Up For Debate effort, which saw every leader but Harper interviewed on women's issues, will hardly change the election outcome.

For it to do that, we'd have to stop using the phrase "women's issues" altogether. We'd have to see gender inequality as a generally Canadian problem.

The usefulness of such an antiquated phrase proves that we need to work harder to make it obsolete.

If we don't find a new way of talking about it, the next election will be no different.

QUICK GUIDE: 'WOMEN'S ISSUES'

Here's a breakdown of campaign promises and legislative measures from the **NDP**, **Liberals** and **Conservatives**.

CHILD CARE	ECONOMIC EQUALITY	VIOLENCE AGAINST WOMEN
NDP: • Would honour Universal Child Care Benefit. • Would create $15-a-day national child care program. • Would create a million child-care spaces.	**NDP:** • Would introduce a 50% female quota for boards of federal organizations. • Introduced a bill that resulted in removal of tax on feminine hygiene products.	**NDP:** • Would invest $40 million over four years to restore cuts to women's shelters. • Called for a national inquiry into murdered and missing aboriginal women.
Liberals: • Would introduce a tax-free monthly Canada Child Benefit for families with children and annual income below $150,000.	**Liberals:** • No legislation or campaign promises	**Liberals:** • Called for a national inquiry into murdered and missing aboriginal women.
Conservatives: • Increased Universal Child Care Benefit to $160; added monthly benefit of $60 for children age six to 17. • Introduced "income splitting" for couples.	**Conservatives:** • No legislation or campaign promises	**Conservatives:** • Pledged to combat crimes against women via strict enforcement and stiff prison sentences.

CAMPAIGN MOMENTS

A little selfie-indulgence

Liberal Leader Justin Trudeau poses for a photo with a supporter in Ottawa on Monday; meanwhile, NDP Leader Tom Mulcair gets in on a group selfie in Maple Ridge, B.C. Whose turned out better? That's for the Instagram commenters to decide.

PAUL CHIASSON/THE CANADIAN PRESS; RYAN REMIORZ/THE CANADIAN PRESS

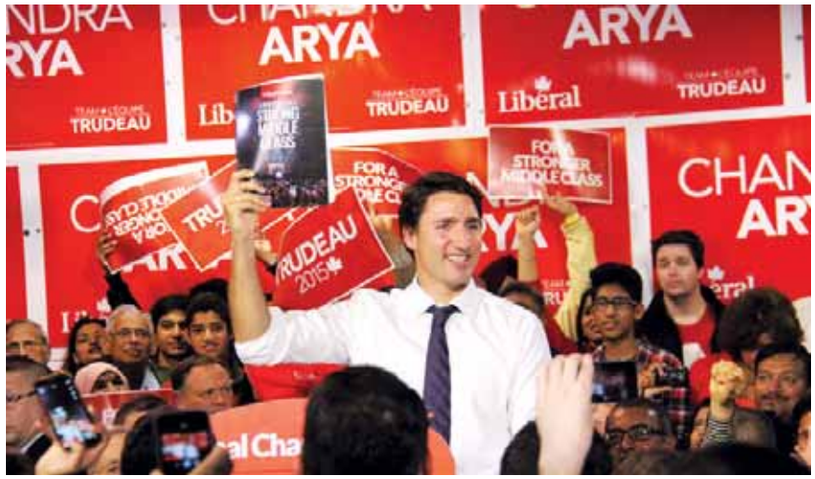
LATEST POLL LIB 37% CON 31% NDP 23% Source: Forum/Toronto Star

Trudeau fires back at Harper

ELECTION 2015

Liberals go for middle class with promises of tax cuts

Joe Lofaro
Metro | Ottawa



Liberal Leader Justin Trudeau speaks to a large crowd Monday inside the campaign headquarters of Chandra Arya, the Liberal candidate in Ottawa. JOE LOFARO/METRO

It might be a marathon election, but the top three party leaders are showing no signs of slowing down in the final week on the campaign trail.

Liberal leader Justin Trudeau drew a raucous crowd of about 300 supporters to Barrhaven on Thanksgiving Monday, a day when most people take the day to recover from their food coma.

That wasn't the case for the hundreds of people who lined the sidewalk to get inside campaign headquarters for Chandra Arya, the Liberal candidate in the hotly contested riding of Nepean.

The new riding will be one to watch after Tory incumbent Pierre Poilievre's name will not be on the ballot for the first time in more than a decade. He's running in nearby Carleton, leaving Nepean up for grabs for fresh faces.

The Liberals and Conservatives are neck-and-neck in the riding, according to a poll conducted for Postmedia released last week.

Trudeau's visit wasn't only a significant show of force; it could give Arya, a former high-tech executive, banker and engineer, a leg up in the close race.

"He's an incredibly strong part of a great Liberal team right across Ottawa, right across the country that are going to make real change happen," Trudeau said of Arya to a loud round of applause from the crowd.

His speech spoke to the middle class voter, with a promise to introduce a tax cut for the middle class and a child benefit if elected on Oct. 19.

"Unlike Stephen Harper's tax credits, you won't have to wait to get your money. You will see more money on your paycheque right away," said Trudeau.

Meanwhile, Conservative leader Stephen Harper took direct aim at Trudeau Monday in Waterloo, with a game-show style attack on tax credits he said the Liberal leader would eliminate.

"For some families, that could be a Liberal tax hike of up to $2,000 a year," said Harper.

"These are real benefits. Only the Conservative party in this election is committed to keeping these dollars where they belong — in the pockets of hard working Canadians."

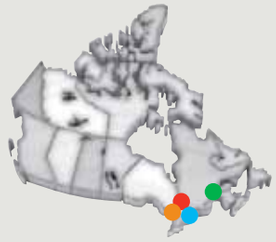
But Trudeau fired back at the Conservative leader, saying he wouldn't be clawing back any of the boutique tax credits for families that Harper was warning about.

"It highlights that we have a Prime Minister right now who is busy misleading Canadians with untruths," said Trudeau.

"I'm going to let my opponents continue to focus on me. I'm staying focused on Canadians."

WITH FILES FROM THE CANADIAN PRESS

WHERE THE LEADERS ARE TUESDAY



- **Stephen Harper** will be in Toronto and London.
- **Justin Trudeau** will be in Toronto, Kitchener and Mannheim.
- **Tom Mulcair** will be in Oshawa, Toronto and Brampton.
- **Elizabeth May** will be in Nanaimo.

ECONOMICS

Harper's math on Liberal tax hikes doesn't always add up

Conservative Leader Stephen Harper played game show host Monday to demonstrate the thousands of dollars Conservatives claim would be taken from the average family's pocket if Liberal Leader Justin Trudeau were to win power on Oct. 19.

To the constant "ka-ching, ka-ching" chirp of a cash register, Nicole Ropp, a married mother of three, piled up $20 bills as Harper rhymed off a list of a purported tax increases Canadians can expect from a Liberal government. For the Ropp family, it all added up to about $8,000, according to Harper.

However, Harper's list included a number of alleged tax hikes that aren't on the Liberal agenda and omitted a number of other measures aimed at giving middle class families more, not less, money.

What Harper said: A Liberal government would limit contributions to Tax-Free Savings Accounts.

What Liberals are promising: This is correct. Liberals would cap the annual amount Canadians can sock away in TFSAs at $5,500, rolling back the Harper government's recent increase to $10,000.

What Harper said: Liberals would "cancel child care cheques for some families ... That's nearly $2,000 per year per child under the age of six and over $700 for children between 6 and 17 — gone." For the Ropp family, he said that would amount to a loss of $3,360 per year.

What Liberals are promising: Harper didn't mention that the Liberals are proposing to replace the Conservatives' existing universal child care benefit with a new monthly, tax-free child benefit. Liberals maintain their benefit would give more money to 90 per cent of Canadian families than they currently receive. However, the benefit would be gradually phased out for those earning more than $150,000.

THE CANADIAN PRESS

Mohamed Fahmy back in Canada

TORONTO

Released from Egyptian prison last month

A Canadian journalist who was released from prison in Egypt last month has returned home.

Mohamed Fahmy, a former Al-Jazeera journalist detained on terror-related charges, arrived in Toronto on Sunday.

"Happy Thanksgiving Canada! Walking the streets of Toronto with my wife is a truly liberating feeling! We feel safe, free, & at home! #Love," he said Monday on Twitter.

His arrival ends his nearly two-year ordeal in a case that raised questions about Egypt's commitment to free speech.

Fahmy was arrested in 2013 with two Al-Jazeera English colleagues. He was sentenced to three years in prison in a retrial this year for airing what a court described as "false news" and coverage biased in favour of the now-banned Muslim Brotherhood.

The case was widely condemned. He and his Egyptian co-defendant, Baher Mohammed, received a presidential pardon last month. The other colleague, Australian Peter Greste, was previously released.

Fahmy left Cairo last week after learning his name had been removed from a no-fly list. He stopped first in London, where he was to meet with his high-profile lawyer Amal Clooney.

Fahmy is scheduled to attend a press conference hosted by Canadian Journalists for Free Expression at Ryerson University on Tuesday.

He has said he plans to take up a position as an adjunct professor at the University of British Columbia's school of journalism in Vancouver. He is also writing a book about his experiences.

THE CANADIAN PRESS

Former Al Jazeera bureau chief Mohamed Fahmy during a talk at the Frontline Club in London, Wednesday Oct. 7.

TIM IRELAND/THE ASSOCIATED PRESS

MARS ONE

Contestants welcome news of running water

Members of the space community are excited about NASA's recent announcement that Mars appears to have flowing water, while two Canadians who hope to take a one-way trip to the red planet say it increases the chances of human beings surviving the harsh environment.

Johanna Hindle, a British Columbia high-school teacher, is one of six Canadians who remain in the running in the plan by Mars One, a Dutch-based organization, to establish a colony on Mars by 2027.

> **Anything that increases the chances of ... human beings being able to find helpful products on Mars is good for us.**
>
> Johanna Hindle

The Canadians are among 100 finalists from around the world on the Mars One short list. Hindle says they will be whittled down to 24 in September 2016.

In the meantime, the news that Mars has liquid water has brought a smile to her face.

"Running water is a bit of a hopeful way of putting it. I heard it's briny sludge, which I thought was a really good description of what's happening up there," Hindle said in an interview.

But nothing has made her change her mind about taking the no-return trip.

"I know the dangers are unimaginable and the challenges are out of this world, but the opportunity to do this; I've yet come across anything that would shake that in me," she said.

The president of the Canadian Space Society also welcomed the liquid-water announcement, saying it would, hopefully, allow the success of some future colony or establishment on Mars.

Scientists confirmed the existence of frozen water on Mars in 2008.

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Hundreds march in Turkey to condemn bomb attack

ISTANBUL

Nearly 100 protesters killed at rally on Saturday

Hundreds of people marched through Istanbul and the Turkish capital of Ankara on Monday to condemn the slaughter by suicide bombers at a weekend peace rally, with many venting their anger at the Turkish government itself.

Some demonstrators chanted: "The killer state will be held to account!"

Prime Minister Ahmet Davutoglu, however, rejected accusations by opponents that the government was to blame for the nearly simultaneous attacks Saturday, calling them "dangerous" and "dastardly."

He also denied that they were a result of Turkey's involvement in war in Syria and that the government was dragging the country into the Middle Eastern quagmire. The government believes two male suicide bombers killed at least 97 people and wounded hundreds at a rally Saturday in Ankara by opposition supporters and Kurdish activists.

Protesters in Istanbul stand by a barricade they set on fire during clashes with security forces Monday, following a protest against Saturday's Ankara attacks. CAGDAS ERDOGAN/THE ASSOCIATED PRESS

"These attacks won't turn Turkey into a Syria," Davutoglu said.

Government opponents have also accused President Recep Tayyip Erdogan of fomenting violence and ethnic tensions to gain votes for the ruling party in Turkey's Nov. 1 election — an accusation that the Turkish leader rejects.

In the last election in June, a Kurdish party gained support from voters, taking away the ruling party's majority in Parliament — and Erdogan wants that majority back.

Turkish investigators were close to identifying one of the two suicide bombers, the prime minister said Monday, adding that the Islamic State of Iraq and the Levant was the "No. 1 priority" of its investigation.

The rally Saturday was organized by Turkish and Kurdish activists to call for increased democracy and an end to the renewed fighting between Turkey's security forces and Kurdish rebels that has killed hundreds of soldiers, rebels and citizens since July.

THE ASSOCIATED PRESS

IN BRIEF

Trio arrested in Oregon sent back to California

Three transients accused of robbing and killing a Canadian backpacker and a yoga instructor with a stolen gun days apart have been sent back to California from Oregon, where they were arrested. Authorities say Sean Michael Angold, Morrison Haze Lampley and Lila Scott Alligood killed a 23-year-old backpacker in San Francisco's Golden Gate Park on Oct. 3 and then shot to death a 67-year-old tantra yoga teacher, whose body was on a trail north of the city.

THE ASSOCIATED PRESS

Mob kills village mayor

A mob killed a village mayor in western Guatemala in reprisal for an attack on a political rival that resulted in the death of two teenage girls, authorities said Monday.

Prosecutors' office spokeswoman Julia Barrera confirmed the death of 43-year-old Mayor Bacilio Juracan of Concepcion, a town about 180 kilometres west of Guatemala City.

THE ASSOCIATED PRESS

WIKILEAKS INVESTIGATION

Chelsea Manning sues FBI over access

Imprisoned national-security leaker Chelsea Manning is suing the Federal Bureau of Investigation over access to files compiled during the agency's inquiry into her release of classified documents to the WikiLeaks website.

Lawyers representing the Army private formerly known as Bradley Manning filed the lawsuit last week in the U.S. district court in Washington. The FBI denied Manning's 2014 request to release the records under the Freedom of Information Act, claiming they may be relevant to a pending or prospective law-enforcement proceeding.

Manning argues that her 2013 court martial should render that exemption moot, since any further prosecution of her in federal court would constitute double jeopardy, barred by the Constitution.

THE ASSOCIATED PRESS

ISRAEL

Amid stabbings, Prime Minister accuses Arab lawmakers of inciting violence

Palestinians carried out three stabbings Monday in Jerusalem, leaving a teenage Israeli boy in critical condition, and Prime Minister Benjamin Netanyahu angrily accused the country's Arab leaders of helping incite weeks of violence. Two of the attackers, both teenage boys, were killed.

In a fiery speech at parliament, Netanyahu accused Arab parties of "undermining" the country. He called on Israel's Arab citizens to "kick out the extremists among you."

Netanyahu spoke on another bloody day, the latest in a monthlong wave of Israeli-Palestinian violence.

In a new setback for efforts to restore calm, the Quartet of Mideast mediators — the U.S., the UN, the European Union and Russia — postponed a trip to the region.

Edgar Vasquez, a spokesman for the State Department's Bureau of Near East Affairs, said it was at the request of the Israeli government due to the circumstances.

Israeli police reported three separate stabbings across the city, including an assault by two attackers in the east Jerusalem area of Pisgat Zeev. Police said the pair seriously wounded a 20-year-old man before attacking a teenage boy on a bicycle.

The boy was critically wounded before police shot and killed one of the attackers, while the second was run over by a car. Abdel Nasser Manasra, a relative of Ahmed, 13, and Hassan, 15, said both were cousins. He did not know which had been killed.

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Saudi royals say they'll keep managing the hajj

MIDDLE EAST

King Salman calls Iranian comments irresponsible

Saudi Arabia's King Salman said Monday that "irresponsible comments" and criticism of the kingdom's management of the hajj will not affect his country's oversight of the annual Islamic pilgrimage.

It was the king's first official response to denunciations by regional rival Iran, which has questioned Saudi Arabia's custodianship of the hajj following a deadly crush Sept. 24 that killed at least 1,480 pilgrims, according to an Associated Press count based on official statements from nations whose citizens died.

Iran's death toll of 465 is the highest announced by any country thus far. Egypt's Foreign Ministry on Monday said the death toll among Egyptians has climbed to 181, with 53 still missing.

Prince Turki al-Faisal says oversight of the annual pilgrimage is "a matter of sovereignty." KAMRAN JEBREILI/THE ASSOCIATED PRESS

Immediately after the disaster, Iran's leaders accused Saudi Arabia Sunni rulers of mismanagement and ineptitude, and top Shiite clerics and lawmakers are calling on the Organization of Islamic Cooperation to manage the hajj.

In an apparent reference to those comments, Salman said the kingdom "will not allow any hidden hands" to politicize the tragedy and divide Muslims.

"Irresponsible comments that aim to take political advantage of this incident, and cause dissension and division in the Muslim world, will not affect the role of Saudi Arabia and its great duty and responsibilities in the service of pilgrims" the king said in remarks carried by the official Saudi Press Agency.

The king delivered his remarks during a Cabinet session in the capital Riyadh.

Salman stressed that Saudi Arabia has been honoured by God to serve Islam's holy sites in Mecca and Medina, and is dedicated to ensuring the comfort and safety of pilgrims, who are commonly referred to by the kingdom as "guests of God."

THE ASSOCIATED PRESS

769

Number of pilgrims Saudi Arabia's health ministry has said were killed in this year's hajj disaster.

MIDDLE EAST

Putin wins praise in Iraq and Syria

Amid the ornate walls of Damascus' famed Omayyad Mosque, preacher Maamoun Rahmeh stood before worshippers last week, declaring Russian President Vladimir Putin a "giant and beloved leader" who has "destroyed the myth of the self-aggrandizing America."

Posters of Putin are popping up on cars and billboards elsewhere in parts of Syria and Iraq, praising the Russian military intervention in Syria as one that will redress the balance of power in the region.

The Russian leader is winning accolades from many in Iraq and Syria, who see Russian airstrikes in Syria as a turning point after more than a year of largely ineffectual efforts by the U.S.-led coalition to dislodge Islamic State of Iraq and the Levant (ISIL) militants who have occupied significant parts of the two countries.

The reactions underscore that while the West may criticize Putin for supporting Syrian President Bashar Assad, there is some relief in the region at the emergence of a player with a coherent — if controversial — strategy.

"Putin does more than just speak," said Sohban Elewi of Damascus, summing up the views of Syrians on opposing camps who regard U.S. policy in Syria and Iraq as fumbled and confused.

Russia began its air campaign in Syria on Sept. 30, joining the fray of those bombing Syria at a critical time for Assad and his embattled troops. The Syrian army's loss of the northern province of Idlib opened the way for rebels to come dangerously close to the coastal Alawite heartland, leaving his soldiers there vulnerable and dejected.

Russia insists it is targeting ISIL and other "terrorists." But Syrian rebels and opposition activists say Moscow's warplanes in recent days have focused on Idlib and the central province of Hama, hitting U.S.-backed rebels in areas with no ISIL militants.

The planes also have provided air cover for Syrian ground troops who launched an offensive in central Syria.

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Turkana people wait in a line to receive food from Oxfam in Kenya in August 2011. TOBIN JONES/THE ASSOCIATED PRESS

Great famines vanish: report

HUNGER

Call for end to restrictions placed on aid

Calamitous famines appear to have vanished from the planet, but more must be done to eradicate all such scourges, including redrafting U.S. terror laws inhibiting life-saving humanitarian work, says a new report published Monday.

The study, part of the 2015 Global Hunger Index, says it's one of the "unheralded achievements" of the past 50 years: the elimination of famines that cause more than 1 million deaths, and reduction "almost to a vanishing point" of great famines, which cause more than 100,000 deaths.

600,000

The famine death toll over the last century. The eradication of famines causing more that 1 million deaths is the one of the "unheralded achievements of the past 50 years."
2015 GLOBAL HUNGER INDEX

"The trends are striking," said author Alex de Waal, executive director of World Peace Foundation at Tufts University.

Until the middle of the 20th century, millions died of famine every decade — from 27 million in 1900-09 and more than 15 million in the 1920s, 1940s, 1950s and 1960s to a low of 1.4 million in the 1990s. So far this century, the death toll is near 600,000.

In a telephone interview with The Associated Press, de Waal attributed the progress to the end of colonialism, total war and leaders responsible for "gargantuan amounts of deaths" like Russia's Stalin and China's Mao.

"The message from my study is that in order to eradicate famine, the last bit (of work) is to do with conflict resolution and lifting those restrictions on humanitarian action," de Waal said.

He singled out U.S. laws criminalizing support for terrorist organizations that he said inhibit humanitarian aid.

He added that they caused life-costing delays as humanitarian agencies hesitated to help in Somalia in 2011.

"It is not helpful to the cause of countering extremism if the U.S. is saying don't help while children are starving to death," de Waal said.

The last calamitous famine was in Ethiopia in 1983-85 and though Africa is sometimes stigmatized as the poster child of such scourges, de Waal said the continent has suffered the fewest great famines, and only two calamitous famines in the past century, the other being the Nigerian famine in 1967-70. THE ASSOCIATED PRESS

HEALTH

Dissolving heart stent passes first test

A new type of heart stent that works like dissolving stitches, slowly going away after it has done its job, passed its first major test in a large study, doctors said Monday.

Abbott Vascular's dissolving Absorb stent performed as well as a conventional stent in the one-year study, but the fact it did not prove superior led some experts to be wary.

Still, the results on this and other novel stents currently in testing are fueling hope for a new generation of these devices, used on about 850,000 heart disease patients each year in the United States alone.

Stents are tiny mesh cages that keep blood vessels from reclogging after an artery-opening angioplasty procedure. The ones available in the U.S. are permanent implants made of metal, while the Absorb stent, already sold in Europe, is made of a degradable material that's designed to stay intact, release medicine for a year, then break down over the next two years.

"It holds the artery open long enough for the artery to heal," then completely goes away, said study leader, Dr. Dean Kereiakes of Christ Heart and Vascular Center in Cincinnati. "It can return the artery to its normal, natural structure and function."

In the study, those with the dissolving stent did not prove better than those given a conventional Abbott stent.

The idea of a dissolving stent is attractive, but "promise alone is not enough to make us unconditionally embrace this technology," wrote Technical University of Munich's Dr. Robert A. Byrne, a paid speaker for some rival stent makers.

A longer study underway now "will go a long way toward determining whether this promise will become a reality," he said. THE ASSOCIATED PRESS

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Report out on flight crash

MALAYSIA AIRLINES

Probe reveals how, not who, behind tragedy in Ukraine

The Dutch Safety Board is publishing its final report Tuesday into what caused Malaysia Airlines Flight 17 to break up high over Eastern Ukraine last year, killing all 298 people on board.

A preliminary report issued last year said the Boeing 777 flying from Amsterdam to Kuala Lumpur likely was hit by multiple "high-energy objects from outside the aircraft," fuelling widespread speculation that it was downed by a surface-to-air missile, likely a Russian SA-11 system known as a Buk.

Western authorities pointed blame at Russian-backed separatist rebels fighting Ukrainian government forces. Russia has denied that and blamed the Ukrainian forces, who also denied downing the plane.

The report addresses four key questions: What caused the crash? Why was the plane flying over a region in the throes of a violent separatist conflict?

Why did it take up to four days for some relatives of the victims to receive official confirmation their loved ones were on the flight? To what extent were passengers and crew aware of what was happening? Investigators also will display a reconstruction of the front section of the plane, pieced together from wreckage.

It will not directly address who was responsible. The Dutch Safety Board has repeatedly stressed that its mission is not to apportion blame. So even if, as widely expected, it confirms that the plane was blown out of the sky by a Buk missile, it will not explicitly blame any person or group for firing it.

An international criminal investigation is underway to determine who is responsible. The team says the theory the plane was downed by a Buk missile is the most likely, but has not ruled out other causes. Prosecutors are investigating fragments "possibly originating from a Buk" missile system. The criminal investigation is expected to continue into next year. THE ASSOCIATED PRESS

Pieces of debris, and livestock, in a field near the crash site.
MSTYSLAV CHERNOV/THE ASSOCIATED PRESS

IN BRIEF

Helicopter, and five aboard, lost in Indonesia
A helicopter carrying five people is missing in Indonesia. A spokesman for the National Search and Rescue Agency said the Eurocopter EC-130 was reported missing Sunday 17 minutes after takeoff. It was carrying two crewmen and three passengers.

Smuggling ring cracked
Chinese authorities have seized 804 kilograms of ivory along with rhino horns and bear paws. Police said a crackdown on the illegal trade and transport of wildlife products led to the haul, worth 24 million yuan ($3.8 million US). THE ASSOCIATED PRESS

ESPIONAGE

China holds four Japanese citizens for suspected spying: Media

Two more Japanese citizens are being held in China on suspicion of spying, bringing the total to four, Japanese media reported.

Japan and China acknowledged last month that two Japanese had been arrested in May on suspected spying charges — one in Zhejiang province and the other near the North Korean border in Liaoning.

Chinese Foreign Ministry spokeswoman Hua Chunying said Monday that Chinese authorities are investigating the latest case and have given Japan relevant information. She said she was unaware of how many people had been detained. Japan's Foreign Ministry refused to confirm or deny the reports.

The two earlier cases are the only ones linked to spying allegations that the Japanese government has been informed of, said Kazunari Kotake, an official in the ministry's department in charge of the safety of overseas Japanese.

The government has warned Japanese visitors to China to use extra caution. Japan is not taking any immediate additional steps in response, Kotake said.

Japanese public broadcaster NHK said over the weekend that the latest cases involved a man in his 60s who was arrested in Beijing, and a woman in her 50s who was arrested in Shanghai. The woman was the most recent case to surface but both were detained in June, it said. China enacted an anti-spying law last November, in a move experts said was aimed at increasing surveillance of foreigners' activities in the country. THE ASSOCIATED PRESS

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US lion hunter won't be tried

ZIMBABWE

Officials state David Palmer won't be extradited

Zimbabwe is no longer pressing for the extradition of James Walter Palmer, an American dentist who killed a well-known lion called Cecil, a Cabinet minister said Monday.

Palmer can now safely return to Zimbabwe as a "tourist" because he had not broken the southern African country's hunting laws, Environment, Water and Climate Minister Oppah Muchinguri-Kashiri told reporters in Harare on Monday. Zimbabwe's police and the National Prosecuting Authority had cleared Palmer of wrongdoing, she said.

Through an adviser, Palmer declined comment.

Palmer was identified as the man who killed Cecil in a bow hunt. Cecil, a resident of Hwange National park in western Zimbabwe, was well-known to tourists and researchers for his distinctive black mane.

Cecil the lion. AFP PHOTO/ ZIMBABWE NATIONAL PARKS

Muchinguri-Kashiri had said in July that Zimbabwean police and prosecutors would work to get Palmer returned to Zimbabwe to face poaching charges.

On Monday, she told reporters in Harare that Palmer can now safely return to Zimbabwe as a "tourist" because he had not broken this wildlife-rich southern African country's hunting laws.

"He is free to come, not for hunting, but as a tourist," Oppah Muchinguri-Kashiri told reporters. "It turned out that Palmer came to Zimbabwe because all the papers were in order."

Palmer was the subject of extradition talk in Zimbabwe and a target of protests in the United States, particularly in Minnesota, where he has a dental practice, after he was identified as the man who killed Cecil the lion in a bow hunt. Cecil roamed in Hwange National Park in western Zimbabwe.

Messages left Monday with the U.S. Fish and Wildlife Service, which was handling a U.S. investigation into Palmer, were not immediately returned.

Theo Bronkhorst, a Zimbabwean professional hunter who was a guide for Palmer, returned to court last week on charges of allowing an illegal hunt.

THE ASSOCIATED PRESS

Dentist Walter Palmer arrives back at his office following a lunch break in Bloomington, Minn. JIM MONE/THE ASSOCIATED PRESS FILE PHOTO

IN BRIEF

Pair detained after fatal shooting at Texas school

Police continued their search for a suspect Monday after releasing two men detained last week in connection with the fatal shooting of an 18-year-old student at Texas Southern University.

Classes resumed Monday at the Houston campus where freshman Brent Randall was killed in a parking lot outside a school apartment complex. A second person was wounded in the gunfire and remained hospitalized in stable condition.

THE ASSOCIATED PRESS

24-hour guard removed from Julian Assange's room

British police removed a round-the-clock guard from outside the Ecuadorean Embassy hideout of WikiLeaks founder Julian Assange, saying it wasn't "proportionate" to keep up the operation when no end to the stalemate is in sight.

The Metropolitan Police said the force would still do its best to arrest Assange, who sought refuge at the London embassy.

The Associated Press

CORRUPTION

Iran convicts Washington Post reporter on espionage charges

Jason Rezaian, the Washington Post journalist who has been detained in Iran for more than a year on charges including espionage, has been convicted, according to Iran's judiciary spokesman in a ruling the newspaper blasted Monday as "an outrageous injustice."

Gholam Hossein Mohseni Ejehi confirmed the verdict in comments aired on state TV late Sunday night but gave no indication of what punishment the 39-year-old Iranian-American journalist could face. The ruling is eligible for appeal within 20 days, Ejehi said.

> **This is politicized justice at its worst.**
>
> Hadi Ghaemi, executive director of the International Campaign for Human Rights in Iran

In its report, Iranian state TV called Rezaian an "American spy."

He reportedly faces up to 20 years in prison.

The Post's executive editor, Martin Baron, called the guilty verdict "an outrageous injustice."

The paper is working with Rezaian's family and legal counsel to swiftly appeal the verdict and push for his release on bail pending a final decision, Baron said.

THE ASSOCIATED PRESS

ANGUS DEATON

Economist wins Nobel prize for work on poverty, welfare

Scottish economist Angus Deaton has won the Nobel memorial prize in economic sciences for "his analysis of consumption, poverty, and welfare," the Royal Swedish Academy of Sciences said Monday.

Deaton, who was born in Edinburgh in 1945, now works at Princeton University in the United States.

The academy said the work for which Deaton is now being honoured revolves around three central questions: How do consumers distribute their spending among different goods; how much of society's income is spent and how much is saved; and how do we best measure and analyze welfare and poverty?

Last year, French economist Jean Tirole won the 8 million Swedish kronor (about $975,000) award for his research on market power and regulation.

The economics award is not a Nobel Prize in the same sense as the others, which were created by Swedish industrialist Alfred Nobel in 1895.

Sweden's central bank added the economics prize in 1968 as a memorial to Nobel.

The announcement concludes this year's presentations of Nobel winners.

The medicine prize went to three scientists from Japan, the U.S. and China who discovered drugs to fight malaria and other tropical diseases.

THE ASSOCIATED PRESS

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Promises affect finances

ELECTION 2015

Tax breaks, child care part of pledges on campaign trail

The three major parties have made promises that will affect Canadians' personal finances.

The Conservatives have focused on highly targeted tax breaks to select groups, especially homeowners and seniors, while the Liberals promise sweeping tax breaks for the middle class. The New Democratic Party wants to boost the minimum wage and provide more affordable daycare.

Here's some of the promises:

All federal parties are wooing the electorate with vows that their policies will help keep more disposable income in Canadians' pockets. THE CANADIAN PRESS FILE

Home ownership:

Conservatives: say they will increase the amount that first-time home buyers can withdraw from RRSPs from $25,000 to $35,000 and introduce a permanent home-renovation tax credit for up to 15 per cent of renovations.

Liberals: want to remove GST on new capital investments in affordable rental housing and expand the Home Buyers' Plan to allow Canadians hit by sudden life changes to use RRSP funds to buy a house without a tax penalty.

NDP: aim to build 10,000 affordable housing units.

Personal taxes:

Conservatives: say they'd maintain tax brackets.

Liberals: say they'd cut the tax rate to 20.5 per cent, from 22 per cent, for incomes between $44,700 and $89,401. Would introduce a new tax bracket of 33 per cent for those earning more than $200,000.

NDP: pledge not to raise personal income taxes.

Tax Free Savings Accounts:

Conservatives: would keep the $10,000 increased annual contribution limit announced in the 2015 federal budget.

Liberals: would roll back the TFSA limit to its pre-budget level of $5,500 a year.

NDP: would roll back the TFSA limit to $5,500 a year.

Child care:

Conservatives: raised the amount for a child under six to $160 a month and introduced $60 a month for children between six and 17 years.

Liberals: promise to combine social assistance into a monthly cheque for all families with children with incomes below $150,000.

NDP: say they would introduce $15-a-day national child-care program.

Minimum wage:

Conservatives: voted against an NDP motion in 2014 to raise the federal minimum wage to $15.

Liberals: voted in favour of an NDP motion in 2014 to raise the federal minimum wage.

NDP: would reinstate the federal minimum wage and raise it to $15 an hour.

TORSTAR NEWS SERVICE

IN BRIEF

Dell paying $67 billion for data-storage firm EMC

Dell is buying data-storage company EMC in a deal valued at approximately $67 billion US.

Shareholders of EMC Corp. will receive about $33.15 US per share. Michael Dell will serve as chairman and CEO of the combined business. Dell Inc.'s headquarters will stay in Round Rock, Texas.

THE ASSOCIATED PRESS

Five arrested in Air France union violence

French prosecutors say five people have been arrested in connection with an Air France union meeting brawl that left two executives shirtless.

During a meeting a week ago about fiercely contested job cuts at the money-losing airline, union activists assaulted the managers, including the airline's head of human resources, ripping off their shirts and prompting them to flee over a fence. The allegations of aggravated assault carry a maximum five years in prison.

THE ASSOCIATED PRESS

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metro VIEWS

A new experiment adds to the evidence that some anti-oxidants have cancer-promoting properties — showing again how hard it is to detoxify an entrenched idea from the public's mind.

the big number

44.8%

Was the voter turnout rate on First Nations reserves in Canada during the 2011 federal election — compared to a still lacklustre 61 per cent rate in the country at large. Activist Deanna Carpenter got involved organizing voter registration clinics in the riding of Kenora, Ont., which is home to 40 different indigenous groups, after she discovered many people who try to register to vote online with a rural, remote or on-reserve address get an error message. Carpenter worried the Fair Elections Act, with its stricter ID requirements, might make the low-turnout problem even worse for people who don't have a driver's licence and may need time to send away for other types of ID. Along with former NDP candidate Tania Cameron, she's part of a Rock the Vote campaign — based in Kenora, but capturing attention across the country — that aims to increase turnout in aboriginal communities by 20 per cent this time around. There's a long tradition of ambivalence and even resistance to voting in Inuit, First Nations and Métis communities, where many people identify primarily as citizens of their First Nation or have lost trust in a government system they feel has failed them. Until 1960, Canada's indigenous peoples were not even allowed to vote or become citizens unless they agreed to surrender certain rights — including the right to live with their community on a reserve. SOURCE: CBC

Daycare leads to a life of crime? Not so fast

Tara-Michelle Ziniuk
For Metro

Lock up your toddlers. New research will have you thinking that sending them to daycare will lead to a life of crime. At least in the case of low-cost universal daycare.

Last month, a report from the National Bureau of Economic Research made waves for linking youth crime rates with Quebec's daycare system. Currently, parents in Quebec can access daycare for $20 per day or less — the cheapest rates in the country. The study looked at all Quebec kids and compared them to kids in other provinces. The children from Quebec had academic success, but had a poor showing in non-cognitive areas such as health, emotional stability and, controversially, crime.

The link seems weak at best. As part of their federal election platform, the NDP is proposing making low-cost daycare available to families across the country, an idea that is being commended by child-care advocates and parents nationwide.

The report makes this provocative link between daycare and crime without explaining why it might exist, or making any suggestions for correcting it. Some point to the methodology as problematic: Only half of the Quebec children studied were even in the daycare program. Economist Stephen Gordon is quoted saying this makes sense as, "The families who made use of the daycare program were not randomly selected; they chose to participate."

Is this true, though? As a parent with a limited income, in Ontario, I, like many other parents in similar situations, took whichever daycare spot came through after being on waiting lists and waiting on a daycare subsidy. Not all spaces here are subsidized, and the ones that are aren't always at top-quality centres. Are parents who need low-cost daycare in Quebec in this position, too? Were the other half of Quebec families leaving their children with a stay-at-home parent or relative, private care, nannies? The study also fails to account for the reality that Quebec's system, though low-cost, isn't ideal. The province created a system it then didn't properly resource, then, in many cases, allowed for-profit private companies to take over care.

According to the Child-care Resource and Research Unit, for-profit daycare often lacks quality. "In order to find funds to ensure profits, profit-making operations are more likely to skimp on staffing, supplies, equipment and perhaps even food," the research institute wrote in a report.

We must consider that the research showing disappointing outcomes in Quebec could reflect the impact of the quality of care on crime rates, not the availability or cost of care.

Another report, from the Human Early Learning Partnership at the University of British Columbia, says studies maligning Quebec's daycare system contradict "nearly an entire generation of robust and consistent findings that demonstrate the positive effects of quality care on young children" and that "The 'findings' of increased aggression in children could just as easily be attributed to the children who were not enrolled in a child-care program."

If we give the benefit of the doubt to this latest study, then the take-away is that quality matters.

Tara-Michelle Ziniuk is a freelance writer and blogger for Today's Parent magazine.

YOUR RIDE

The problem with going carless: getting insurance

Jeremy Klaszus

When my wife and I decided to go carless, we thought our biggest challenge would be getting around without a car.

Turns out that's the easy part. We've hit an unexpected barrier to going car-free: Getting proper insurance for the times we do drive.

If you don't own a car but want to rent occasionally, the auto-insurance industry doesn't know what to do with you.

You're faced with an unfortunate choice. Buy a car, or drive without proper insurance, putting yourself at serious financial risk.

It's not just car-centric city design that pushes people into vehicles. The insurance industry is also rigged this way.

Numerous people advised us to get a good credit card with car rental insurance, and we could drive without worry.

But there's a problem in the fine print of such cards: "This certificate ... does not cover third-party liability coverage."

Third-party liability comes into play if you're responsible for a collision that causes damage or injury to someone else.

By law, rental companies provide a base amount of third party liability. In Alberta, it's $200,000. Nowadays, $2 million or more is recommended.

If you own a vehicle and rent occasionally, there's a good chance none of this is a problem. In most cases, your auto policy will simply cover your rental (but you should double-check).

If you don't own a vehicle, insurance providers have nothing for you. It's not a matter of insurance being too expensive. My wife and I are willing to pay, but after hours on the phone, I've learned there is literally nothing for us to buy.

"There is no standalone policy you can purchase for auto insurance without a vehicle," confirmed Celyeste Power, spokesperson for the Insurance Bureau of Canada.

The rental companies can't fill this gap. They're not legally permitted to sell insurance in Alberta, as they're not licensed insurance agents.

Major rental companies offer a loss-damage waiver for about $25 per day, but this does nothing on the third-party liability side. It only covers the rental vehicle itself (and that *is* covered by our credit card).

It's a conundrum with no easy solution. In cities such as Vancouver and Toronto, car-share programs have robust insurance policies with third party liability. Car2go does too.

But in cities like Calgary, where car-share isn't fully developed, rentals are an important part of going car-free.

From every perspective — the environment, city design, traffic, parking — it makes sense for people to forego vehicle ownership. Cities are changing. But the insurance industry seems stuck in the 1950s, when it was assumed everyone owns a car.

Jeremy Klaszus is a freelance journalist and stay-at-home-dad. He tweets @klazsus.

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Helmets reduce odds of head injuries in cyclists by 58%, new study finds

Double shift for winger author

ON THE SAME PAGE

You can't take the Leaf out of Zach Hyman's Hockey Hero kids book

Melissa Dunne
For Metro Canada

Athletes aren't exactly known for their book smarts.

And hockey players, in particular, are often depicted in books, movies and the news as monosyllabic, black-eyed, gap-toothed goons.

Zachary Hyman slams those stereotypes up against the boards.

He's a hockey player in Toronto who isn't just hitting the ice with the pros this month — he's hitting the shelves with his second children's book Tuesday.

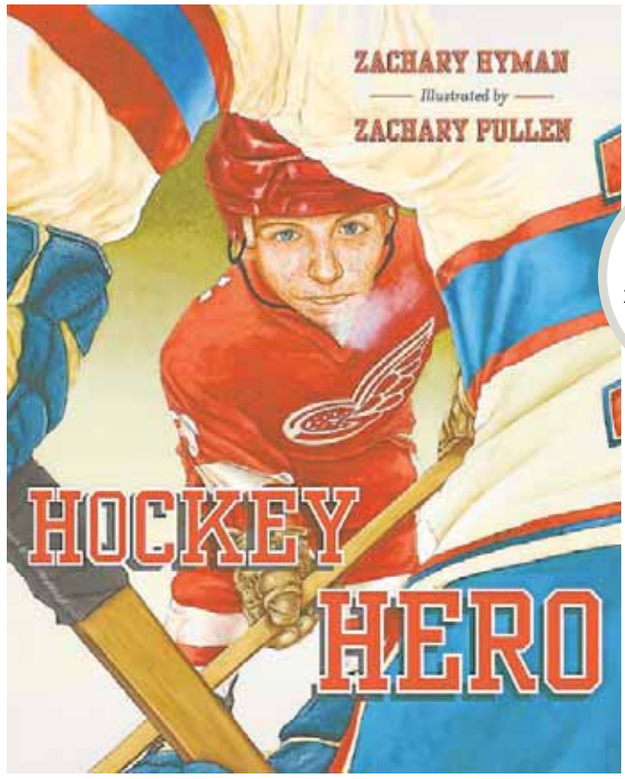
The 23-year-old was recently signed by the Toronto Maple Leafs, and he's also under contract to write two more books.

The athlete/author is confident he'll be able to stickhandle both writing and skating in the future. After all, he's found the pursuits of the body and the mind complement each other. He likes to write during his downtime as a way to relax and says the schedule of a hockey player can actually be helpful.

"In the off-season I have a lot of time on my hands," said Hyman by phone from Toronto earlier this month.

He's used that spare time off the ice very efficiently over the past few years. On top of writing his children's books, he recently earned an honours degree in history from the University of Michigan. While still a student at Michigan he published his debut book, The Bambino and Me.

His second effort, Hockey Hero, is once again illustrated by award-winning illustrator Zachary Pullen.



BRAINY BRAWN

On top of writing children's books, Leafs acquisition Zach Hyman recently earned an honours degree in history.

The book tells the tale of how Tommy Toomay, an eight-year-old with a stutter, eventually finds his "hockey chutzpah."

Hyman certainly has no shortage of chutzpah, going after his passions at full tilt all his life. His free time over the years has been filled with the books familiar to many young men of his generation, from the Harry Potter series to the Game of Thrones books to, yes, the Canadian classic The Hockey Sweater.

"I've always loved reading," said the millennial. "I also enjoy writing … it's an outlet."

While Hyman got sent down to the AHL's Marlies earlier this month, he's taking all the up and downs in stride (or should I say, glide).

Unlike some pro athletes Hyman clearly has brawn and brains. That's a combination that will surely continue to make him someone to be reckoned with on and off the ice.

"I've always loved reading. I also enjoy writing … it's an outlet.
Pro hockey player and children's book author Zachary Hyman

WRITING FOR KIDS

Here are a few other athletes who've taken a swing at writing children's books over the years.

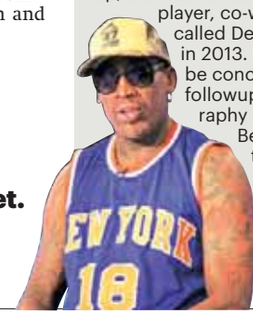
Derek Jeter

The retired New York Yankee now has his own publishing imprint and has already published two books aimed at middle-graders: The Contract and Hit & Miss. There are plans for many more books based on the shortstop's journey from gifted child to adult superstar.

R.A. Dickey

The Toronto Blue Jays pitcher published his anti-bullying picture book, Knuckleball Ned, last year. The famous ballplayer is also a famous bookworm, and says Ernest Hemingway's works helped him through a tough upbringing.

Dennis Rodman



Yep, the wild former Chicago Bulls player, co-wrote a kids book called Dennis the Wild Bull in 2013. Parents need not be concerned, this is not a followup to his autobiography Bad As I Wanna Be and apparently the brightly coloured kids book is dedicated to Rodman's real-life offspring. MELISSA DUNNE/FOR METRO

To my wife: Don't read this book

THE GAME SEQUEL

Neil Strauss' lube-soaked journey to monogamy

Falling asleep at an orgy party. Jumping into threesomes, foursomes and moresomes. Checking into rehab for sex addiction.

These are all real experiences author, journalist and ghostwriter Neil Strauss went through in his quest for true relationship happiness.

In his new book, The Truth: An Uncomfortable Book about Relationships, Strauss reflects on his life after the runaway success of The Game, a 2005 book about his experience penetrating the world of pickup artists. It brought him Godlike status among insecure males, sex galore and invites to celebrity parties. Then in the late 2000s he got his wake-up call — he got caught cheating on his girlfriend, a blond beauty named Ingrid whom he deeply loved.

He decided to shake up his lifestyle and commit to finding real happiness. He went to sex addiction rehab for a year. But they broke up, and he followed a different, lube-soaked path through non-monogamy.

Eventually, he found his way back, and he and Ingrid are married with a seven-month-old son. Here Strauss, now in his 40s, talks about his new book.

You have a disclaimer at the front of your book to your wife, Ingrid, saying, "Don't read this." Did she read it?
Yes.

What was her response?
Honestly, it was the best thing that ever happened to our relationship. There are no secrets and in a sense she feels much safer. "Oh, now that I know everything, I've got nothing really to worry about. That's the worst and I can handle that."

But I think both the idea of me wanting her not to read it at first — and you maybe needing elaboration on that — points to a bigger problem in relationships in that we're scared to show our true selves to someone. And if we don't, are you really having a relationship?

What were you trying to figure out through the whole process?
I just thought monogamy doesn't work, 50 per cent of all marriages end in divorce, most people no longer believe in marriage or think it works, so maybe it's time to design a new type of relationship that works better.

Unfortunately or fortunately, I learned over the course of the experience that the problem wasn't relationships, it was me.

What has this journey taught you about monogamy?
It's taught me that we have so many nonsense ideas in our culture that we cling to that keep us from living our lives — and that includes monogamy and non-monogamy. Ingrid and I, our relationship is to do whatever's right for three entities — me, her and the relationship, whatever that may be. (The labels) aren't useful.

There's a lot of talk in the book about sex addiction. Do you think you have a sex addiction? Do you think sex addiction is real?
The answer is I don't know, to both questions. I've definitely had psychological issues preventing me from intimacy. And I definitely think most of the people who I met who are identified as sex addicts, I think they were cheaters (laughs) and had underlying problems that prevented them from intimacy.

TORSTAR NEWS SERVICE

> **I just thought monogamy doesn't work, 50 per cent of all marriages end in divorce, most people no longer believe in marriage or think it works...**
> Neil Strauss

Neil Strauss says fatherhood has brought a sustained level of happiness incomparable to the quick highs of his past life.
CONTRIBUTED

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Helping a sibling in financial trouble can be tricky, says Gail Vaz-Oxlade. ISTOCK

Don't loan cash to spendthrift family members

FAMILY MATTERS

Gifts are OK, but lending will lead to resentment

Gail Vaz-Oxlade
For Metro Canada

I've noticed a phenomenon of late where the young'uns in a family who have heeded good advice are hit upon by the young'uns in a family who have not.

Having done without, made hard choices, and built up a solid financial foundation, some siblings find their less-well-off brothers and sisters become angry when they won't cough up some dough.

"C'mon," the broke siblings say, whining like seven-year-olds. "You went on vacation, you have a nice home. I have nothing. Why won't you lend me a couple hundred?"

If you've been the good kid, it seems you have two options:

1. Fork over the dough and grow silently resentful, or;

2. Refuse your sibling's pleas and be labelled selfish.

Things are even worse if you have a parent who believes that "blood is thicker than water," and that you should do whatever you can to help your poor, unfortunate sister or brother. Hey, you've been lucky — never mind that luck looked more like sweat to you.

If you've been a saver, if you've worked hard and done the things needed to build a good life while your sister or brother partied and shopped and played hooky, there may come a point where your sibling feels dumb for having wasted so much money on coffee and concert tickets.

But it may turn out that they are angry with you for what they do not have.

I'm sorry, but grasshoppers are like that. What to do, what to do?

You could offer to share your skills at money management. You could gift (if you can afford it and it doesn't mess with your plans) some money to help a sister out, as long as sister follows the new rules. You could help baby bro look at what he wants long-term and then make a plan for getting from here to there. What you're not going to do — ever — is lend your sib money.

You are definitely not going to feel guilty for what you have when your silly sister or bothersome brother tries to pull your emotional strings.

A gift you can afford to give is fine. Lending money will only lead to further anger and resentment. And you are definitely not going to feel guilty for what you have when your silly sister or bothersome brother tries to pull your emotional strings to get what they want.

Instead, you'll to offer to teach them how to take control of their money and their lives. You're going to help them put systems — like a spending journal and a budget — in place. You're going to teach them to fish.

Don't be surprised when you get some push-back. People don't like to face up to the messes they've created.

I saw that when I showed couples on TV what would happen if they continued their financial misbehaviour for five more years: More debt and more misery.

Your sib may need this kind of reality check to see how current behaviours will play out in the future.

Clearly, they're not thinking about how what they do today will affect their tomorrows. So you'll have to show them.

Sometimes your lessons will stick. Sometimes not. But keep trying.

For more money advice, visit Gail's website at gailvazoxlade.com.

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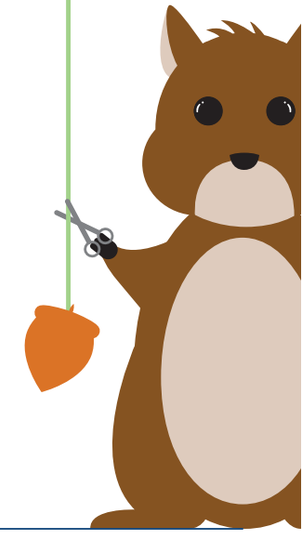

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OBESITY

Bariatric surgery failure raises suicide risk

Bariatric surgery is successful in significantly reducing weight for most people who undergo the procedure. But for a small proportion of patients, the operation fails to achieve hoped-for results — and that can lead to potentially dire consequences, researchers say.

A study by the Institute for Clinical Evaluative Sciences (ICES) found that in the first few years after bariatric surgery, there's an increased risk of attempted suicide in patients for whom the procedure didn't work, suggesting the need for prolonged psychological followup. Researchers say the operation is an effective treatment for morbid obesity, with an estimated 60 to 80 per cent reduction in weight within the first year for many patients. The procedure is also considered safe, with death rates averaging less than one per cent.

"Bariatric surgery in many cases is an extremely successful operation," said principal researcher Dr. Donald Redelmeier, an internal medicine specialist at Sunnybrook Health Sciences Centre in Toronto. "The average patient loses a lot of weight and some patients even get their diabetes cured."

But for an estimated one to two per cent of patients, the results are disappointing, he said. For such obese patients, that can lead to depression and despair because they lose hope of ever being able to shed their excess pounds, said Redelmeier, a senior scientist at ICES. THE CANADIAN PRESS

Disappointing surgery are results, which can lead to depression and despair, says Dr. Donald Redelmeier. HANDOUT

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Elephants' secret to health

CANCER

New study says genes confer special protection

Despite their big size, elephants rarely get cancer, and scientists said last week they have discovered the secret to the creatures' special protection. It's in the genes.

Elephants have 38 additional modified copies of a gene that encodes p53, a compound that suppresses tumour formation.

Humans, on the other hand, have only two, according to the study in the Journal of the American Medical Association (JAMA).

This means that as elephants evolved, their bodies made many extra copies of a gene that prevents tumours from forming.

Elephants have been considered an enigma for years because they have far more cells than people, which would presumably place them at higher risk of cancer over their lifespans which can last 50-70 years.

And yet, the analysis of a large database of elephant deaths showed that less than five per cent of elephants die of cancer, compared to 11 to 25 per cent in people.

"By all logical reasoning, elephants should be developing a tremendous amount of cancer, and in fact, should be extinct by now due to such a high risk for cancer," said co-senior author Joshua Schiffman, pediatric oncologist at Huntsman Cancer Institute, University of Utah School of Medicine.

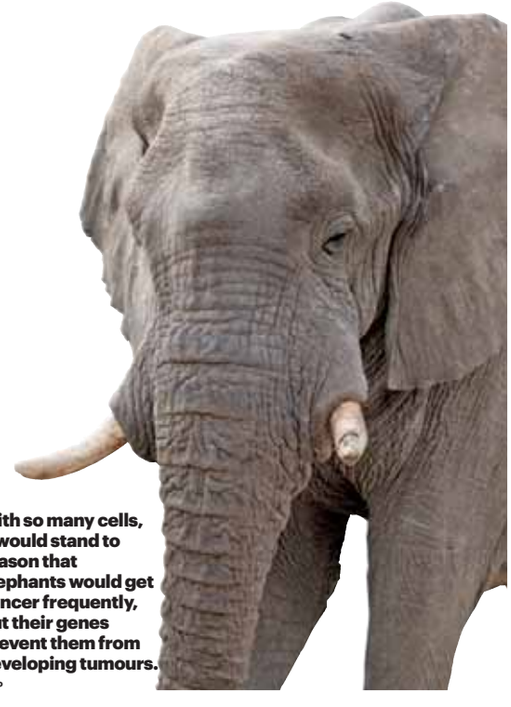
"We think that making more p53 is nature's way of keeping this species alive."

Elephants also come naturally equipped with a more aggressive internal mechanism for killing damaged cells that are at risk for becoming cancerous, researchers said.

"In isolated elephant cells, this activity is doubled compared to healthy human cells," said the study, which was co-authored by experts from Arizona State University and the Ringling Bros. Center for Elephant Conservation.

Researchers hope that their findings could one day lead to new cancer-fighting therapies in people. AFP

> **The main impact of this remarkable story is to bring into focus the question of why we are so uniquely predisposed to cancer ... and what we can do to change this.**
> Mel Greaves, Institute of Cancer Research



With so many cells, it would stand to reason that elephants would get cancer frequently, but their genes prevent them from developing tumours. AFP

Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Tim Hortons

It's said that breakfast is the most important meal of the day, and judging by the morning lineups at coffee shops and fast food joints, Canadians sure love their a.m. food fix. With the morning rush, most people are looking for a tasty and filling breakfast. Beware of those that may be disguised as healthy but are loaded with calories, fat and sodium. A steady diet of these meals can raise the risk of stroke and cardiovascular disease.

PICK THIS

English muffin, egg and cheese

Ingredients
English muffin, egg and cheese
Calories 270
Fat 10 g
Saturated fats 5 g
Sodium 610 mg

SKIP THIS

Sausage bagel BELT

Ingredients
Twelve grain bagel, sausage patty, egg patty, processed cheese, lettuce and tomato

Calories 580
Fat 26 g
Saturated fats 10 g
Sodium 1160 mg

HERE'S WHY

The fat equivalent of 26 Honey Dip Timbits

The Sausage Bagel BELT may be served on a twelve grain bagel, which does increase the fibre, but the bagel alone has 350 calories, 9 g of fat and 530 mg of sodium! An English muffin only has 120 calories, 1 gm of fat and 200 mg of sodium. The sausage also adds excess calories, fat and sodium. Think of this bagel breakfast being equivalent to 26 Honey Dip Timbits in fat. That's almost half your daily intake of fat before noon!

Tangy tea's alcohol level causes clash

REGULATIONS

Kombucha dealers push back against fines in U.S.

Kombucha, a fermented tea, can contain 0.5 per cent alcohol, landing it in the sights of the U.S. authorities. ISTOCK

A tangy fermented tea called kombucha has moved from the natural foods aisle to the mainstream. But it's also moved into the hot seat amid renewed concerns that it can contain low levels of alcohol.

Five years after alcohol levels detected in kombucha prompted nationwide recalls, U.S. federal authorities again are warning producers to relabel their products to indicate alcohol content or face fines. But this time around dozens of producers are resisting, and have asked for new federal tests to help them avoid running afoul of alcohol laws.

Kombucha is a tea that has been fermented with bacteria and yeast, giving it a tart, vinegar-like zip and high levels of bacteria that some consider to impart health benefits.

Its popularity in recent years has landed kombucha in the sights of the U.S. Alcohol and Tobacco Tax and Trade Bureau. That's because the fermentation process can give the drink too much alcohol for it to be legally sold as a non-alcoholic beverage.

Kombucha makers complain that the alcohol threshold that triggers the law — 0.5 per cent — is too low to intoxicate people.

Kombucha tea naturally walks the line of what federal authorities consider an alcoholic beverage. Yeast and sugars in the tea create both the desired bacteria and alcohol. A kombucha tea can edge toward 1 per cent alcohol if it is aged and not refrigerated.

Kombucha brewers say the agency needs a new alcohol test specific to fermented drinks. They say the commonly used test to determine alcohol by volume doesn't account for naturally occurring sediment in kombucha, from bits of tea leaves to strands of yeast. THE ASSOCIATED PRESS

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What's in processed foods and why

INGREDIENTS

New book takes objective look at 75 food additives

Eva Kis
Metro | New York

Steve Ettlinger's book Ingredients strips away the hype and pseudo-science of food additives. DWIGHT ESCHLIMAN

There's a lot of finger-pointing going on in the food world about the role of what we eat — specifically processed food — in modern problems from metabolic disease to depression. Steve Ettlinger doesn't take sides, but he'd appreciate it if there were a little less noise and a little more science.

"I think it's important not to freak out — as some bloggers have — that something in food also has an industrial use," he says. "It's important to turn down the chemophobia; and yet on the other hand, it's healthy to be fascinated by the fact that some of these things are made in chemical plants."

Ecological detective

His new book, Ingredients, highlights 75 of the most common additives (there are thousands) with periodic table-like photographs by Dwight Eschliman to explain how they were invented, where they're made and what they do. Ettlinger describes the writing process as having to become the "determined ecological detective" of The Omnivore's Dilemma to tell the stories of these ingredients on a high school science level. "Just as there's a terroir for Beaujolais, I wanted to see if the same was true for polysorbate 80," he says.

What Ingredients doesn't do is take sides on whether an additive is healthy or not. "An observational perspective can help educate people without conclusions and emotions," explains Eschliman.

SNACKS DECONSTRUCTED
The book also breaks down 25 common foods, like Doritos chips, into their individual ingredients.

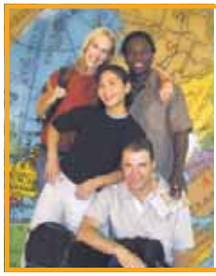
Without the baggage of hysteria, what's left is admiration for the ingenuity of additives — and surprise at how the "natural" and "artificial" worlds can blur. Many additives are derived from sources like kelp, while products once thought of as waste now have rock star status, like whey.

Additives also evolve — partially hydrogenated vegetable oil no longer contains trans fats — while lab-made ingredients could be doing the heavy lifting that would be much more expensive, and possibly more harmful, than their natural alternatives, like artificial sweeteners versus sugar.

'Chemophobia'

Though the book acknowledges that "everyone should know to eat mostly fruit, vegetables and whole grains," that doesn't justify knee-jerk "chemophobia" just because an ingredient sounds "chemical-y." Take, for example, dihydrogen monoxide. Sounds sinister, doesn't it? As Ingredients points out, it's in everything from paint to acid rain. It's even fatal in large enough doses, and inhaling it can kill you, too. Yet, none of us would be alive if it weren't for good old water.

The forces that decide what foods end up on shelves are both scientific and political, with a patchwork of agencies trying to keep up with the pace of innovation. If Ingredients has one call to action, it's this: Being an educated consumer is the healthiest choice you can make.



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Manny Pacquiao says his surgically repaired shoulder is 80-90 per cent healed and he expects to return to the ring in March

MLB IN BRIEF

Astros error breathes life back into Royals' season

Astros shortstop Carlos Correa couldn't handle a deflected grounder that might have been a double-play ball, helping the Kansas City Royals rally for five runs in the eighth inning to beat Houston 9-6 Monday and force their playoff series to a decisive Game 5.

Correa homered twice, doubled, singled and drove in four runs in Game 4 of the AL Division Series. Houston took a 6-2 lead into the eighth, but a tough error charged to the 21-year-old rookie keyed the Royals' comeback to even the matchup at two games apiece.

Game 5 will be back in Kansas City on Wednesday night. THE ASSOCIATED PRESS

Cubs hit six homers to lead Cardinals 2-1 in NLDS

Kris Bryant and Jorge Soler each hit two-run drives and the Chicago Cubs connected for a post-season franchise-record six homers in an 8-6 victory over the St. Louis Cardinals in Game 3 of the NL Division Series on Monday.

Kyle Schwarber, Anthony Rizzo, Starlin Castro and Dexter Fowler also homered, powering Jake Arrieta to another win despite a rare off night for the bearded ace. A third straight win for Chicago on Tuesday afternoon, and the once woebegone franchise will advance to the NLCS for the first time in 12 years. THE ASSOCIATED PRESS

Jays withstand Texas heat

MLB PLAYOFFS

Toronto staves off elimination again to force Game 5 at home

After twice being on the brink of playoff extinction, the Blue Jays are now one win away from the American League Championship Series.

Backed by early Josh Donaldson, Chris Colabello and Kevin Pillar home runs, R.A. Dickey and David Price combined for 7-2/3 innings as Toronto defeated the Texas Rangers 8-4 to tie their AL Division Series at two games apiece.

The deciding Game 5 goes Wednesday at the Rogers Centre, with hope of a happy ending for Toronto's first foray into the playoffs in 22 years. The home team has yet to win in the series.

Price relieved Dickey with two outs in the fifth and the Jays leading 7-1, meaning Marcus Stroman will likely start Wednesday in what could be a rematch of Game 2 against Cole Hamels.

Price threw 50 pitches over three innings, giving up three runs on six hits with two strikeouts. Aaron Sanchez and Roberto Osuna finished it off for the Jays.

"Sometimes the best way to win games is to not let teams back into it," said Toronto manager John Gibbons when asked why he turned to Price out of the bullpen. "I told Price if we get you up (in the bullpen) you're going in."

Blue Jays designated hitter Edwin Encarnacion scores under Rangers catcher Robinson Chirinos on Monday in Arlington, Texas. TONY GUTIERREZ/THE ASSOCIATED PRESS

"(Brett) Cecil down, (Aaron) Loup out today, it was hard for me to do, but I thought that was the best way to win the game."

Toronto outhit Texas 12-11.

It was Price's first relief outing in five years. He made five playoff relief appearances in 2008 with Tampa Bay.

The six-foot-six left-hander, the losing pitcher in Game 1, is now 2-6 all-time in the postseason. The two wins are both as a reliever and the six losses all as a starter.

After losing the first two games 5-3 and 6-4 in 14 innings in Toronto, the Jays had taken one step out of the hole they had dug themselves when they

ALDS Game 4

8	4

defeated Texas 5-1 Sunday on the strength of Troy Tulowitzki's three-run homer.

On Monday, they smacked the Rangers about from the get-go. Texas' ever present Never-EverQuit Twitter hashtag suddenly was the Jays' domain.

Toronto led 3-0 before Dickey set foot on the mound. It was 4-0 after two innings and 7-1 after three. Things settled down after that.

The Jays, who managed three home runs in the first three games, matched that total in two innings Monday for a franchise playoff record. It marked the first time the Blue Jays have hit three homers in a post-season game. The team had nine two-homer games.

Rangers third baseman Adrian Beltre returned to the lineup after leaving Game 1 with a lower back strain and had a pair of hits. THE CANADIAN PRESS

APOLOGY

Reynolds said he meant no harm with comment

Television broadcaster Harold Reynolds apologized on Monday and said that he didn't mean to upset Canadians with a comment he made during Game 3 of the series.

After a foul ball by Blue Jays outfielder Jose Bautista in the fourth inning of Sunday's 5-1 win, the FOX commentator said "there's not a lot of people that grew up playing baseball in Canada, they're not used to catching a lot of balls in the stands ... not many people catching that one, anyway."

Harold Reynolds GETTY IMAGES

"Sorry Canada, whole country, if I offended you for that," Reynolds said Monday in an interview on Sportsnet during the pre-game show in Canada. "I'm well aware of the baseball players that have come out of there."

He added he was unaware of the controversy until former National League MVP Larry Walker of Maple Ridge, B.C., called him Monday morning. THE CANADIAN PRESS

CFL

Harris' accuracy secures road-warrior tag for Argonauts

The Toronto Argonauts have become a real force away from home in the Canadian Football League.

Trevor Harris threw touchdown passes to Diontae Spencer and Tori Gurley as the Argonauts stretched their winning run to three games, all on the road, with a 25-17 victory over the Montreal Alouettes on Monday afternoon.

Their win in Ottawa last week was supposed to have been a home game, but they were forced out of Rogers Centre by the Blue Jays playoff run. Their

MONDAY In Montreal

25	17
ARGOS	ALOUETTES

next game, Saturday against the Calgary Stampeders, may be moved to Tim Horton's Field in Hamilton.

"Of course, we'd much rather be in the dome than playing at Tim Horton's," said coach Scott Milanovich, whose team is 5-4 away from the Rogers Centre.

"That's the hand we've been dealt and we're going to play to win."

Brandon Whitaker ran in a touchdown and Justin Palardy kicked a field goal for Toronto (9-5), now tied with the Hamilton Tiger-Cats atop the East Division.

Tyrell Sutton and B.J. Cunningham scored TDs and Boris Bede had a field goal for Montreal (5-9), which lost a third game in a row before 21,536 at Percival Molson Stadium.

The Alouettes lost yet another quarterback as Rakeem Cato suffered a suspected concussion on a Thomas Miles sack just ahead of halftime and did not return. That brought in Anthony Boone, the sixth QB they have used this season.

Cato was good on nine of 12 passes for 72 yards and had a 9-7 lead when he left the game. Boone was 6-for-12 with an interception and Marsh was 9-for-14 for 119 yards, a touchdown and a pick.

Harris, who went 16-for-21 for 182 yards, two TDs and an interception, led scoring drives when Toronto needed them. THE CANADIAN PRESS

Montreal's Samuel Giguere, left, gets tackled by Toronto's Brandon Isaac on Monday. GRAHAM HUGHES/THE CANADIAN PRESS

NBA PRE-SEASON

Lowry drops 40 points on Timberwolves

Kyle Lowry shot 13-for-18 from the field on Monday. CHRIS YOUNG/THE CANADIAN PRESS

When Kyle Lowry drilled his sixth three-pointer of the night Monday, he shot a grin at his bench.

The Toronto Raptors point guard, who showed up at training camp significantly more trim and fit, poured in 40 points — a franchise record for the pre-season — to lift the Raptors to a 112-107 victory over the Minnesota Timberwolves.

Cory Joseph added 14, Jonas Valanciunas had 13 points, while Luis Scola had 12 and DeMarre Carroll finished with 11 for Toronto (3-1).

Andrew Wiggins, the reigning NBA rookie of the year from Vaughan, Ont., led the T-Wolves (0-3) with 21 points in 18 minutes

Lowry, who was terrific early on last season but struggled down the stretch, worked hard on his body in the off-season, and the results have been obvious. He racked up his points in just 28 minutes, shooting 13-for-18 from the field, 6-for-9 from behind the arc, and hit all eight free throws.

Vince Carter held the previous pre-season record of 38 points.

Anthony Bennett, whose defence has been impressive, had five rebounds to go with three points in 19 minutes in his first home game as a Raptor. THE CANADIAN PRESS

Islanders goaltender Thomas Greiss makes a save on the Jets' Nikolaj Ehlers in Brooklyn on Monday. BRUCE BENNETT/GETTY IMAGES

Isles stay afloat in Brooklyn

NHL

Tavares leads team to first victory in its new home

MONDAY In New York

ISLANDERS	JETS
4	2

Though it was only their third game of the season, the New York Islanders felt a great sense of relief on Monday.

John Tavares had a power-play goal and added two assists and the Islanders beat the Winnipeg Jets 4-2 on Monday afternoon to earn their first victory in Brooklyn.

"I think we're most excited for ourselves," said forward Ryan Strome, who opened the scoring with a power-play goal at 19:48 of the first period.

"It's great for Brooklyn and great for the fans who have been loud and supportive."

Thomas Greiss made 22 saves and the Islanders sent the Jets to their first loss in three games this season.

The home team came out with purpose after losing their opening two games of the season to the defending champion Blackhawks, one in overtime at home and the other in regulation in Chicago.

"We seemed to be more in sync and we were hungry on the puck," Tavares said. "There was a lot more familiarity here and that made a big difference."

Strome banged in a rebound with a man advantage with 12 seconds left in the first. Brock Nelson made it 2-0 on a wrist shot from the right wing at 6:46 of the second after Tavares slid him the puck from the left side.

Tavares increased the margin to 3-0 at 10:45 of the second after Jets goalie Ondrej Pavelec stopped Marek Zidlicky's shot from the point and the rebound came to Tavares perched to the goaltender's left.

Josh Bailey added an empty-net goal with 19 seconds left after Mark Scheifele and Dustin Byfuglien scored for Winnipeg. THE ASSOCIATED PRESS

AROUND THE LEAGUE

Flyers blank Panthers
Michael Neuvirth stopped 31 shots for his first shutout in more than 3-1/2 years, leading the Philadelphia Flyers to a 1-0 victory over the Florida Panthers on Monday night. Brayden Schenn scored to help the Flyers win for the first time in three games this season.

Stamkos tallies his 500th point in Bolts' win over B's
Steven Stamkos scored his 500th career point with a tiebreaking power-play goal that sent the Tampa Bay Lightning to a 6-3 win over the Bruins on Monday afternoon. Brian Boyle added a pair of goals for Tampa Bay.

RECIPE Roasted Pork Tenderloin with Sweet Potatoes and Apples

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Don't bother telling people how easy this is to make!. **Serves 4**
Prep time: 50 minutes

Ingredients

- 3 Tbsp Dijon mustard
- 3 Tbsp maple syrup
- 2 Tbsp apple cider vinegar
- 1 large apple, peeled, cored and chopped into 1/2 inch wedges (use a firm apple like Gala or Honey Crisp)
- 2 tsp thyme, finely chopped
- 1 smallish sweet potato, peeled and chopped into 1/2-inch discs
- 1 onion, peeled and sliced into 1/4 inch rounds
- 1.25 – 1.5 kg pork loin
- Salt and pepper

Directions

1. Preheat the oven to 425 degrees. In a small bowl, mix 1 Tbsp Dijon, 1 Tbsp maple syrup, 1 Tbsp vinegar.

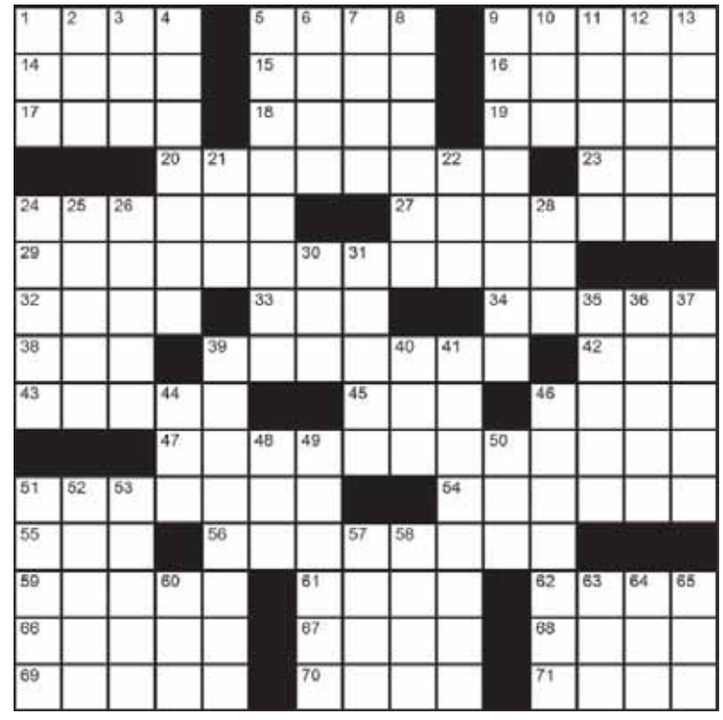
2. Assemble apples and vegetables in two rows in a roasting pan, alternating onion, sweet potato and apple. Brush marinade over everything. Roast 25 minutes.

3. Mix the rest of the Dijon, syrup, vinegar and thyme. Season pork with salt and pepper then brush marinade all over. Take roasting pan out of oven and place loin in between the two rows of fruit and veg. It's fine if they overlap. Place back in oven 20 to 25 minutes. The internal temperature of pork should be between 140 and 145 degrees.

4. Take everything out and cover with foil and let meat rest about 10 minutes before serving.

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Winnipeg hockey players
5. WWI fighter plane
9. Shocked reactions
14. Buffalo's lake
15. British band, __ Shaker
16. Enjoy the meal: 2 wds.
17. Hay bundle
18. Mr. Roddick of tennis
19. "Ta-da!"
20. Ink-and-needle artist
23. Questionnaire query
24. Peter of "The Lion in Winter" (1968)
27. Spotted
29. First Nations celebrity chef: 2 wds.
32. Story told backwards?
33. "It's _ __ brainer!"
34. "No More __" by Mary J. Blige
38. Little 'little'
39. Puzzle
42. The White Stripes drummer
43. Western prop
45. Fitness system, __ Bo
46. Plant that's been on the Earth for millions and millions of years
47. Touchdown-getter's celebratory display: 3 wds.
51. Prehistoric supercontinent
54. Namesakes of TV personality Ms. Fuentes
55. Toronto museum [acronym]
56. Can be torn, as paper
59. __ boom
61. Mountain lion
62. Canadian basketball great Steve
66. Pledge of faithfulness, in times of yore
67. Mr. Clapton
68. "Farewell!"
69. Flip
70. Computer's resting spot
71. Thus

DOWN

1. 2016 US Presidential candidate, __!
2. Pitcher's stat.
3. Blue Rodeo's "'__ I Am Myself Again"
4. Make sure the task gets done: 3 wds.
5. Rideau Canal __ (Wintertime attraction in Ottawa)
6. Type of football kick
7. Montreal-headquartered footwear retailer
8. Saturday or Sunday, to business week workers: 2 wds.
9. Prepare: 2 wds.
10. "Fan-tast-ic!"
11. Montreal __ Spice (Type of seasoning)
12. Cleanse
13. Velocity
21. Municipal council member, e.g.
22. Furniture wood
24. Entertainment journalist Nancy
25. Ms. Shire of "Rocky" (1976)
26. Long circles
28. Train co. headquartered in Montreal
30. Pluralled switch position
31. 6/49 or Max
35. Last words in prayers
36. 2008 hit song for Duffy
37. Choreographer Ms. de Mille
39. The Queen's system
40. 'Paris' suffix
41. Market research information
44. Section, for short
46. Tin-glazed earthenware
48. Agnus __ (Lamb of God)
49. Handled a laser
50. NBA's Mavericks, on scoreboards
51. Histories
52. Shopping venue of ancient Greece
53. Taboos
57. Genuine
58. Quebec 'friends'
60. "__ So Easy!" by The Crickets
63. Oxygen
64. Droop
65. "Yoo-__!"

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The more you try to force events in one direction the more they seem to move in the opposite. Today's new moon in your opposite sign is an invitation to go with the flow. It won't be so bad.

Taurus April 21 - May 21
There is a strong possibility that partners, friends and even work colleagues will be opposed to what you want to do today. Being the stubborn Taurus you are that will only make you more determined to do it.

Gemini May 22 - June 21
You will one day be glad that you were forced to make certain changes, and if you stop struggling and work with them today you will benefit financially and professionally.

Cancer June 22 - July 23
Keep doing what you are doing and keep believing that your input makes a difference. Remember though that a job well done is a job you should also be paid for.

Leo July 24 - Aug. 23
Make this the day you throw out all the emotional junk you have acquired over the past six months or so. If a relationship has become too stifling now is a good time to start putting some distance between you.

Virgo Aug. 24 - Sept. 23
Pace yourself sensibly and make sure you are flexible so you can deal with whatever fate chooses to throw your way. What occurs is likely to catch everyone by surprise, but you will recover faster than most.

Libra Sept. 24 - Oct. 23
Don't give up on something just because it is proving difficult. Today's new moon in your sign indicates that if you stick it out a little longer you will get the breakthrough you have been hoping for.

Scorpio Oct. 24 - Nov. 22
Don't take it to heart if certain people seem to be avoiding you. It does not mean they no longer like you. The most likely reason is that they don't want to burden you with their woes.

Sagittarius Nov. 23 - Dec. 21
What happens over the next 24 hours will take most people by surprise, but not you. You have sensed for quite some time that a big change was coming, so you will be ready for it. Help those who take it hard.

Capricorn Dec. 22 - Jan. 20
You have no time for trivial ambitions and still less time for trivial people and what happens today and tomorrow will make it clear to everyone that you are a serious player.

Aquarius Jan. 21 - Feb. 19
Yesterday's Sun-Uranus link broke up something that once seemed so solid and stable and today's new moon will show you what is going to replace it. Chances are you will be delighted with this new state of affairs.

Pisces Feb. 20 - March 20
What happens over the next few days may be unsettling but if you keep your wits about you there is no reason why you should not profit from the situation. Use your Pisces sensitivity.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3		1		2		9		8
		5				3		
	4		6		8		9	
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Difficulty Level ★★★★ 9:06

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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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2	8	4	1	9	7	5	3	6
9	7	3	6	8	5	2	4	1
6	1	5	4	3	2	9	7	8
8	4	7	9	1	6	3	2	5
1	6	2	5	7	3	8	9	4
5	3	9	2	4	8	1	6	7
4	5	8	3	6	9	7	1	2
7	9	6	8	2	1	4	5	3
3	2	1	7	5	4	6	8	9

Difficulty Level ★★★

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2013 MUSTANG CONVERTIBLE

A10014A • 53,750 km. This beautifully kept Mustang has $5000.00 in upgrades including fog lamps, roll bar light bar, spoiler, dual exhausts, with winter and summer tires.

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2015 KIA OPTIMA LX

P10100 • 41,127 km. The 2015 Kia Optima has a turbo 192 HP engine, sunroof, chrome trim, and eService safety alerts. It has sporty looks and performance and we have priced it to sell

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P10102 • 111,900 KM. Very clean RAV4 that is fully certified and includes cruise control, power windows, power locks, full spare, sat. radio, roof rack and much more!

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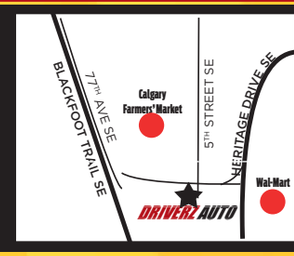

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